

GO SLOW WHOA

USING THE LIGHT TO EAT RIGHT!

The green, yellow, and red on the menu will help students make smart food choices in the cafeteria. The three colors work like a traffic light:



Foods written in **GREEN** are **GO** foods,
Foods written in **YELLOW** are **SLOW** foods, and
Foods written in **RED** are **WHOA** foods.

GO foods are the lowest in fat, sodium and calories. They are also “nutrient dense,” which means they are rich in vitamins, minerals and other nutrients important to health.

SLOW foods are somewhat higher in fat, sodium, and calories than GO foods. They should be eaten less frequently than GO foods.

WHOA foods are the highest in fat, sodium and calories. Many are low in nutrients as well. These should be eaten once in a while or on special occasions. Watch portion sizes.

The overall message is that all foods can fit into a healthy diet and that a healthy diet is made up of more GO foods than SLOW foods and more SLOW foods than WHOA foods. All foods can be eaten in moderation. In fact, it is even okay to eat a WHOA food every day.

****Please be aware that many foods can become WHOA foods if eaten in large quantities. The foods on our menu are coded based on our reasonable portion sizes, our recipes and our products. Sometimes a green food can become a yellow or red food when you eat it at a different location (home/restaurants) or in larger quantities.**

You can use the Go, Slow, Whoa system to help your student make healthy food choices at school and at home. If you have questions about the program, please call 486-2199 or e-mail Karla Pignotti, RD our Nutrition Educator. karla_pignotti@sarasota.k12.fl.us