

GO and WHOA Foods Chart

The categories of GO, SLOW, and WHOA can be thought of like a traffic light:

Green/GO: Eat almost anytime

Yellow/SLOW: Eat sometimes, or less often

Red/WHOA: Eat only once in a while or on special occasions

For preschool-age children, focusing on just 2 categories, GO and WHOA, is the preferred way to introduce the concept of eating foods in moderation.

For school-age children, you may introduce the idea of SLOW foods.

Food Group	GO Foods	WHOA Foods
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, and canned fruits in 100% juice	Fruits canned in heavy syrup
Grains	Whole grain breads, tortillas and whole grain pasta; brown rice; unsweetened whole grain breakfast cereals	Croissants; muffins; doughnuts; sweet rolls; crackers (made with trans fats); sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; part-skim/reduced fat, cheese; low-fat or fat-free cottage cheese	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
Protein (meat, poultry, fish, eggs, beans, nuts)	Baked, broiled, steamed, or grilled fish, meat, or poultry, lean ground beef (90% or higher); chicken and turkey without skin; tuna canned in water; beans, split peas, lentils, tofu, egg whites	Regular ground beef, ribs, bacon, sausage, pepperoni, hot dogs, fried chicken, store or restaurant-purchased chicken nuggets or fish sticks

Please note: These categories assume that children are 2 years and older and are developing typically. For example, current recommendations are for whole milk to be offered to children between 1-2 years old, and therefore would not be considered a WHOA food.

Source: National Heart, Lung, and Blood Institute: We Can!: Ways to Enhance Children's Activity and Nutrition. <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/choosing-foods.htm>. Accessed 6/19/2017.