

# Let MyFoodapedia.gov Help Identify “GO” Foods for Your Family

“GO” foods are nutrient-dense forms of foods and are smart choices — they give kids and adults the nutrients they need with relatively fewer calories.

“GO” foods are the foods with the lowest amounts of fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce.

To move to a healthier weight or maintain a healthy weight, make plenty of “GO” choices from every food group part of your family’s daily food choices for meals and snacks. Modifying recipes and menu items can reduce the amount of added fat or sugar in our diets.

MyFoodapedia at [www.MyFoodapedia.gov](http://www.MyFoodapedia.gov) is a great new USDA tool that can help you eliminate or limit some of the “extra” calories or WHOA foods in your family’s diet. The WHOA foods contain the highest amounts of extra fats and added sugars. Eating too many WHOA foods and not enough GO foods increases your child’s chances of becoming overweight or obese and possibly not getting all of the nutrients he or she needs. MyFoodapedia calculates the food’s “extra calories” from solid fats and added sugar for you.



## Identify “extra” calories and food group amounts in the foods you choose!

You can look up individual foods or compare foods on MyFoodapedia.

### Beverage Comparison

This example of information from MyFoodapedia shows the fruit drink has 97 calories from added sugar. The orange juice has no added sugar.

Orange Juice , 1 cup (100% juice)	Fruit Drink, 1 cup (punch, ade, or cooler)
<b>Food Group</b>	
Fruit 1 cup	None
<b>Calories</b>	
100 calories	119 calories
None	Extras* 97 calories

\*(solid fats, **added sugars**, and alcohol)

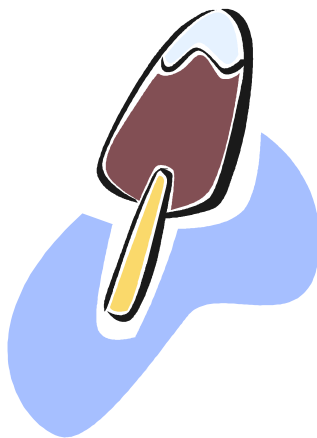
### Comparing Entrees

One can look up individual entrees or compare entrée combination foods with MyFoodapedia. Here is a comparison of a bean burrito and a beef and cheese burrito.

<b>Beef and Cheese Burrito</b>	<b>Bean Burrito</b>
<b>Food Groups</b>	
Grain , Meat and Milk	Grain and Vegetable
<b>Calories</b>	
499 calories	300 calories
<b>Extras*</b>	
Extras* 226 calories	Extras* 49 calories

\*(solid fats, added sugars, and alcohol)

The extra calories are considerably more for the beef and cheese burrito.



### Choosing Snacks

Children require several small meals per day, as their stomachs cannot hold large amounts of food at one time. Carefully chosen snacks can add to good dietary habits. Myfoodapedia can help you find snack foods your children like and at the same time contain little or no added sugars and fats.

<b>Ice Cream Bar Chocolate Covered</b>	<b>Grapes</b>
<b>Food Groups</b>	
None	½ Cup fruit
<b>Calories</b>	
169 calories	55 calories
<b>Extras* 158 calories</b>	<b>None</b>

\*(solid fats, added sugars, and alcohol)

Grapes as a snack are providing ½ cup of fruit where as the ice cream bar provides little more than added sugar and fats.

Use MyFoodapedia and other tools on [MyPyramid.gov](http://MyPyramid.gov) to help you plan meals and snacks for your family where the majority of foods are “GO” foods.

### School Meals are Reducing Fats and Added Sugars

APS Nutrition Services Director Mona Martinez-Brosh R.D. has all ready-made changes to some of the kids’ favorite menu items so they are still available, just healthier. Two examples of favorite school “GO” food entrees are the Individual Galaxy Pizza and the Cheese Quesadilla. The Individual Galaxy Pizza has a whole-wheat crust and the cheese is a low-fat mozzarella. The cheese quesadilla and salsa, another favorite, is made with low fat cheese. Whole and 2% milk are no longer offered with school meals. Skim and 1% milk are available daily. Canned fruits are in their own juice or light syrup.

Encourage your children to choose at least two “GO” foods at each school meal. Fruits, vegetables and low fat milk are all “GO” foods.

Incorporating plenty of “GO” foods into your family’s diet helps limit the extra calories from added fats and sugars.

### We All Need Fat in Our Diet

Remember that we all need some fats in our diet and it helps keep us feeling full –but we don’t want too much of it. Don’t eliminate favorite foods because they are higher in fat. Simply:

- modify them when possible,
- eat them less often and
- eat smaller portion sizes.