



## Eat Healthy with Go, Slow, Whoa at Laredo Elementary

### Choose Go Foods

Go foods are nutrient-dense and are smart choices — they give kids and adults the nutrients they need with relatively fewer calories than other choices in the same food group.

To eat a balanced healthy diet, make plenty of Go choices from every food group. Go foods have the lowest amounts of fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce.

### Let MyFoodapedia Help You Plan Meals and Snacks with Plenty of Go Foods

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, and at the same time help you determine how to incorporate more Go foods in family beverages, meals and snacks. Eating too many Whoa foods and not enough Go foods increases your child’s chances of becoming overweight or obese and possibly not getting the nutrients he or she needs. MyFoodapedia.gov calculates the “extras” in foods for you.

Here is an example of MyFoodapedia’s comparison of juice and fruit drink.



Orange Juice , 1 cup (100% juice)	Fruit Drink, 1 cup (punch, ade, or cooler)
Fruit Group 1	
100 calories	119 calories
	Extras* 97 calories

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

The fruit drink has 97 calories from added sugar.

MyFoodapedia.gov compares entrée combination foods as well. Here is a comparison of a bean burrito and a beef and cheese burrito.

Beef and Cheese Burrito	Bean Burrito
Food Groups	
Grain , Meat and Milk	Grain and Vegetable
499 calories	300 calories
Extras* 226 calories	Extras* 49 calories

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

The beef and cheese burrito has considerably more extra calories from solid fats and added sugars.

Make sure foods with many “extras” are limited in meals and snacks.



Children require several small meals per day, as their stomachs cannot hold large amounts of food at one time. Carefully chosen snacks can help children form good dietary habits.

MyFoodapedia.gov can help identify snack foods containing little or no added sugars and fats that children like.

Popsicle	Grapes
1 single stick	½ Cup fruit
63 calories	55 calories
Extras* 63 calories	

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