

# GO FOODS

"Almost Anytime Food"

AKA "whole foods"

These foods are lowest in salt, added sugar, & unhealthy fats

You should eat a GO food like an apple almost anytime

## FIND THE GO FOODS

Circle the GO Foods

Remember: these foods will mostly be fruits and vegetables, 100% fruit drinks, whole grains, lean meats, & low-fat dairy.

At the end, feel free to color everything in!



Answer Key GO Foods: apple, pepper, grapes, strawberry, broccoli, tomato, avocado

# WHOA FOODS

"Sometimes Food"

AKA "processed food"

These foods are highest in salt, added sugar, & unhealthy fats

You should eat a WHOA food like apple pie once in a while or on special occasions

## FIND THE WHOA FOODS

### High in Salt

- Potato Chips
- Hot Dog
- Canned food
- Pizza

### High in Added Sugar

- Cookies
- Chocolate Milk
- Candy

### High in Unhealthy Fats

- Bacon
- Fried Chicken
- French Fries

Y C H O C O L A T E M I L K F  
P Q F R I E D C H I C K E N F  
U I N R V A N H T E O L Z Z A  
T M Z R F R E N C H F R I E S  
B U T Z E R Y A O P O N E N W  
A A V C A C H C B J B I R K Q  
N Y C O A C O H E T H A O L Z  
A L P O T A T O C H I P S Y I  
N W R K N N D K K Z P C A E M  
A Q K I C D O I P E O O K M Q  
M A F E Z Y G E I L Y Z A J I  
J H Y S C A N N E D F O O D E

Credit to CATCH Kids Club: Go, SLOW, and Whoa Foods

# RECIPE Fruit Pizza

foodhero.org/recipes/fruit-pizza

## Ingredients

- 1 English Muffin      2 Tablespoons each of:
- (try whole grain)      • sliced strawberries
- 2 Tablespoons low fat-      • blueberries
- free cream cheese      • crushed pineapples

## Directions

1. Split open the English muffin & toast the halves until lightly browned.
  2. Spread cream cheese on both halves.
  3. Divide the fruit between the two muffin halves and arrange on top of cream cheese.
- Enjoy!

Nutrition Facts	
2 servings per container	
Serving size	1/2 muffin+fruit (81g)
Amount per Serving	
<b>Calories</b>	<b>120</b>
% Daily Value*	
<b>Total Fat</b> 3g	4 %
Saturated Fat 1.5g	8 %
Trans Fat 0	
<b>Cholesterol</b> 10mg	3 %
<b>Sodium</b> 170mg	7 %
<b>Total Carbohydrate</b> 19g	7 %
Dietary Fiber 2g	7 %
Total Sugars 7g	
Includes 0g Added Sugars	0 %
<b>Protein</b> 4g	

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Connect with us & find your local  
office at: [snapedny.org](http://snapedny.org)

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about SNAP benefits, contact your local **NOEP Coordinator** at **315-764-9442 ext. 405**

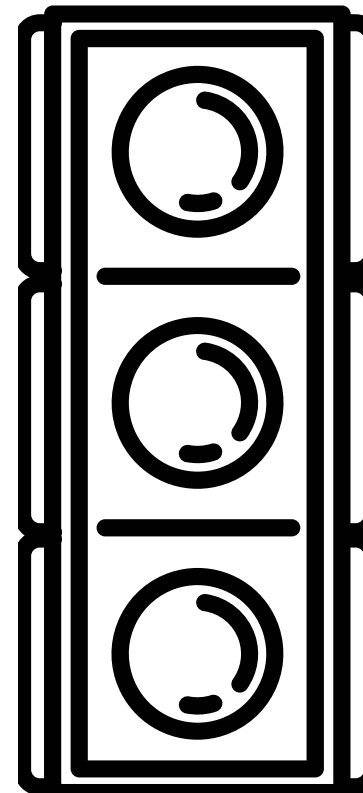


**Cornell Cooperative Extension**  
**St. Lawrence County**

This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP.  
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# SNAP-ee!

GO, SLOW, & WHOA foods



Color the traffic light:  
Red = Whoa  
Yellow = Slow  
Green = Go