

# GO FOODS

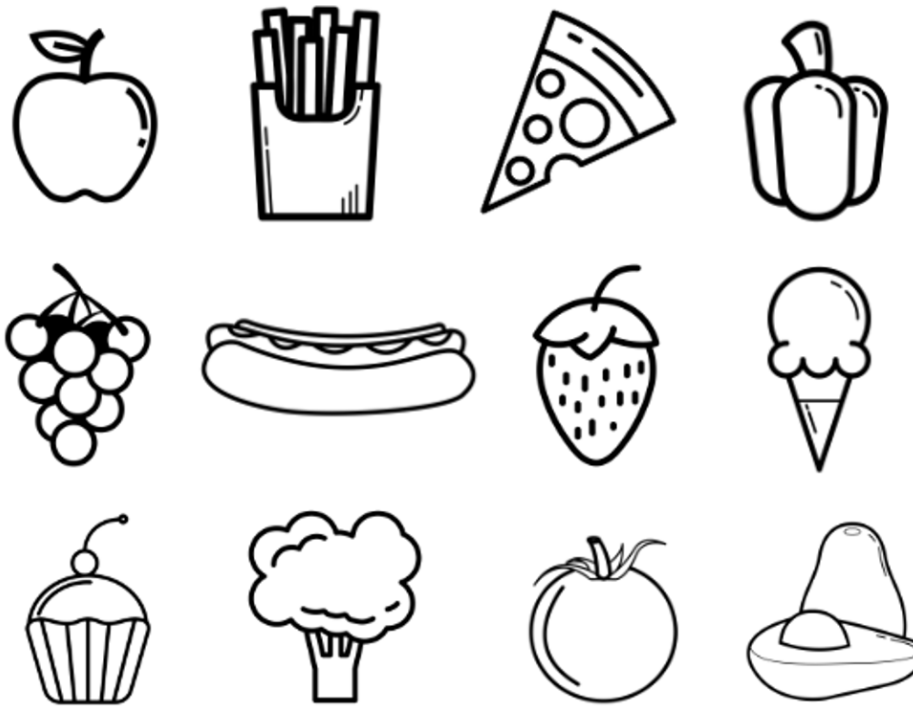
## "Almost Anytime Food"

AKA "whole foods"

/the least processed

These foods are lowest in salt, added sugar, and 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*

# FIND THE WHOA FOODS

Foods High in Salt (Sodium)

- Potato Chips
- Hot Dogs
- Canned food
- Instant noodles

Foods High in Added Sugar

- Cookies
- Chocolate Milk
- Candy

Foods High in Unhealthy Fats

- Buttery Popcorn
- Fried Chicken
- French Fries

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

## "Sometimes Food"

AKA "processed food"

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

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

# WHOA FOODS

RECIPE

# Fruit Pizza

foodhero.org/recipes/fruit-pizza

## Ingredients

- 1 English Muffin (try whole grain)
- 2 Tablespoons low fat-free cream cheese
- 2 Tablespoons sliced strawberries
- 2 Tablespoons blueberries
- 2 Tablespoons crushed pineapple

## Directions

1. Split open the English muffin and 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

Yield: 2 Servings    Serving Size: 1/2 muffin  
Calories: 120    Total Fat 3g  
Saturated Fat: 1.5g    Sodium 170mg  
Carbohydrates: 19g    Fiber: 2g    Protein: 4g

Watch us make this recipe on  
[stlawrence.cce.cornell.edu](http://stlawrence.cce.cornell.edu)

## Cornell Cooperative Extension SNAP-Ed

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 315-764-9442 ext. 405



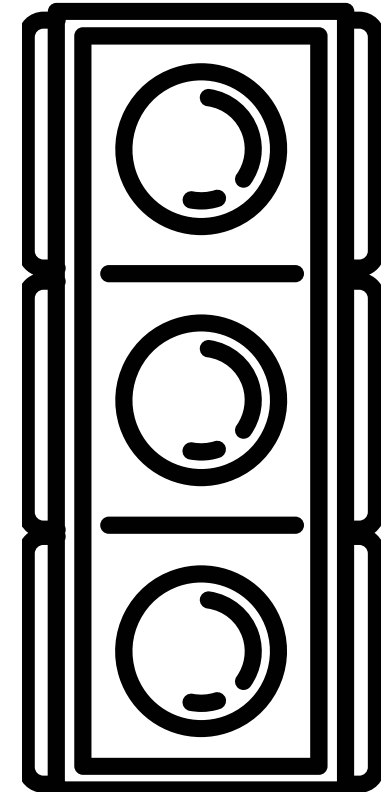
To find more about your local SNAP-Ed's free nutrition education program, contact 315-379-9192 or find us at: [snapedny.org](http://snapedny.org)

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

This material was funded by USDA's Supplemental Nutrition Assistance Program -SNAP. This institution is an equal opportunity provider and employer.

# SNAP-ee!

GO, SLOW, & WHOA foods



Color the traffic light:

Red = Whoa

Yellow = Slow

Green = Go