



Unit 3 Go, Slow, Whoa: Parent Extension

Hi, this is Shanita with the Montgomery County Office of Public Health.

Unit 3 of our 123 a Healthy Me series focuses on Go, Slow, and Whoa foods. Go, Slow, and Whoa compares food to a traffic light.

It is a fun and easy way to remember what foods are ok to eat all the time, some of the time, and just once and a while. This works for both adults and children!

Foods can be put into 3 categories called Go, Slow and Whoa.

Just like a green light tells us it's safe to go, Go foods are things we don't have to think twice about eating.

These are foods that are high in nutrients and low in calories. Go foods can be eaten every day. These are things like fresh, frozen or canned fruits and vegetables without added sugar, fats or sauces. Other foods might include lean meats and whole grains.

Whoa foods can be compared to a red light. Just as the red light signals that we should stop and come to a halt, Whoa foods are things we should put a halt to and limit how much and how often we eat them. Some examples include ice cream, sugary drinks, and fried foods. These are foods that we should only eat once in a while as a treat because they contain higher amounts of sugar, salt, and fat.

Lastly, we have slow foods. When you see a yellow light, it's not saying that you can't go but it is a sign that you should start slowing down. This is also true for Slow foods. These are foods that aren't as high in sugar, fats and calories like Whoa foods, but they are higher than Go foods and can cause unwanted health outcomes if the portions are not limited.

Examples of slow foods include pizza, pretzels, chicken and turkey with the skin, and vegetables with added syrups and sauces.

If you're wondering about what other foods may fit in the go, slow and whoa categories, check out the guide we have provided for you.

Start incorporating the words Go, Slow and Whoa into your child's vocabulary to help them identify which foods they should eat more of and which to eat less of it.

For example, next time you take your child to the grocery store, try having them to identify the Go, Slow and Whoa foods by pointing to them and having them to yell out the right term.



Another idea is to have your child yell out Whoa foods when you come to a red light and to yell out Go foods once the light turns green.

Always remember-be healthy, have fun and stay safe!