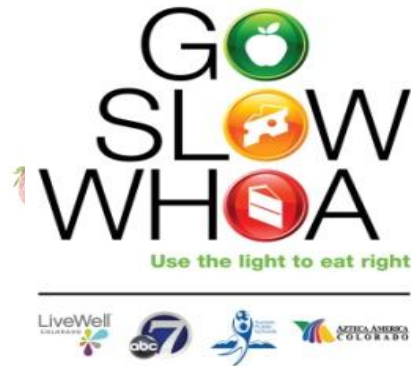


AURORA PUBLIC SCHOOLS & LIVEWELL COLORADO PRESENT



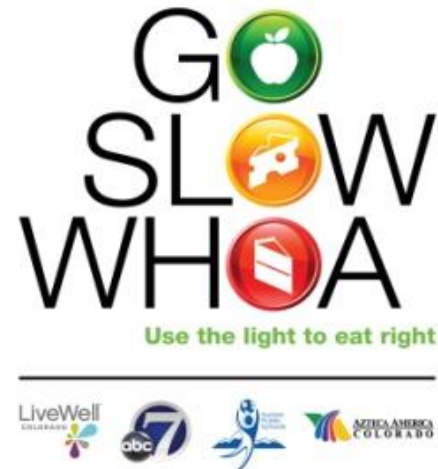
WHERE IT ALL STARTED

- Most kids want to know which foods to eat to be healthy. It's our job to give them the tools they need to be successful.
- In 2005, the U.S. National Heart, Lung and Blood Institute (part of the National Institute of Health) suggested kids start thinking about whether foods are **GO**, **SLOW**, or **WHOA**

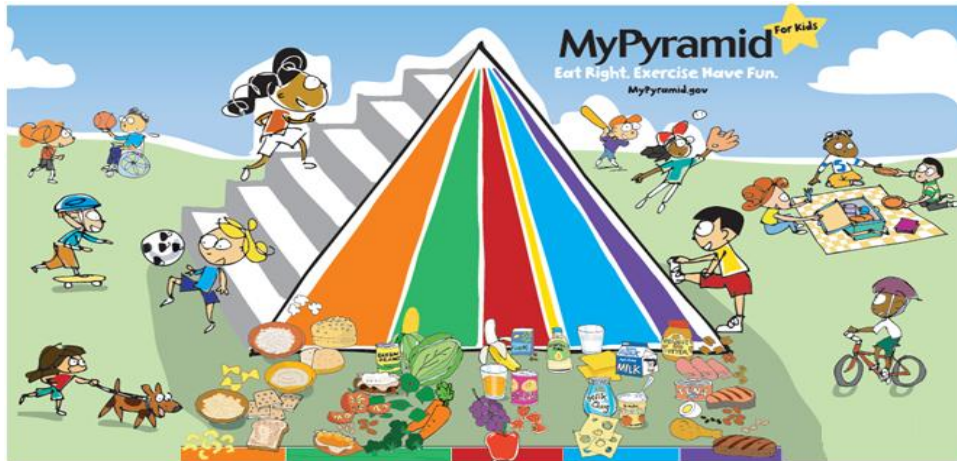


WHAT IS **GO SLOW** AND **WHOA**?

- An easy way for kids (and adults) to categorize the types of food they are eating
- A simplified concept of the Food Guide Pyramid (mypyramid.gov)



FOOD PYRAMID AND GO SLOW WHOA



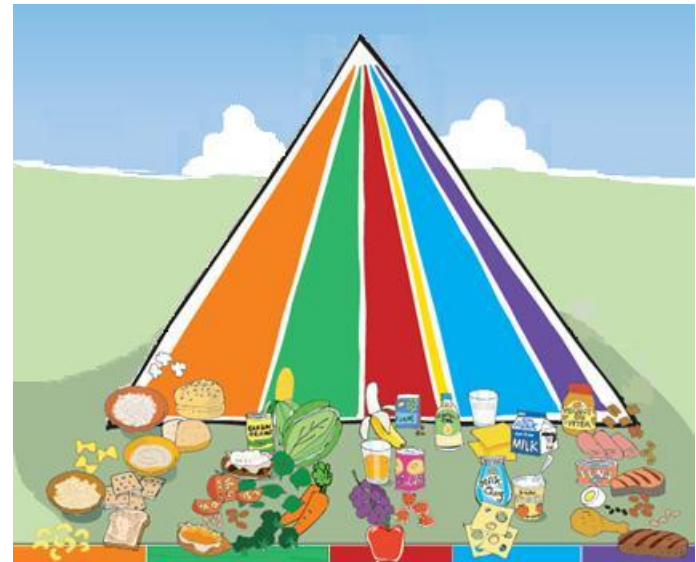
GO SLOW WHOA
Use the light to eat right



BREAKING DOWN THE FOOD PYRAMID

The food guide pyramid is designed so that every food belongs to a specific group

- Grains
- Vegetables
- Fruits
- Milk and Dairy products
- Meats, beans, fish, and nuts
- Oils, fats, and sugary treats



GO SLOW WHOA

The purpose of **Go Slow Whoa** is to make it a little easier for kids to make healthier choices.

Foods are grouped into just 3 categories. You guessed it...**Go Slow Whoa!**



GO FOODS

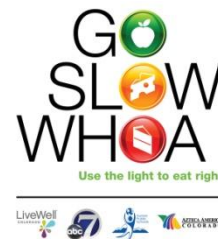
- **GO** foods: These are foods you can eat anytime. They are the healthiest and best for you. Choose these most often.
- Examples: Fresh fruits and veggies, whole grains, skim or 1% milk, low fat cheese, and very lean meat



SLOW FOODS



- **SLOW** foods: Slow foods make up less of the total number of meal menu items. Eat at least two GO foods with a SLOW food menu item.
- **SLOW** foods have more fat and/or sugar and calories than **GO** foods but still have nutrients we need.
- Examples: Waffles, pancakes, fruits and veggies with added fat and or sugar, canned fruits with light syrup, pepperoni pizza, etc.



WHOA FOODS



- **WHOA** foods: Foods that are the highest in fat and added sugar . This type of food is the most likely to cause weight or health problems if eaten all the time and in large portions.
- Examples: French fries, cookies, canned fruits in heavy syrup, whole milk, full fat cheeses, and anything fried



APS Cheese Criteria

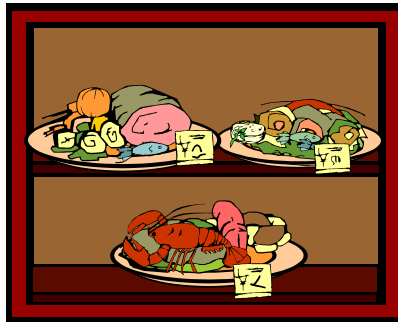
- **GO:** <40% total fat & <25% saturated fat
- **SLOW:** < 70% total fat & <45% saturated fat
- **WHOA:** >70% total fat & >45% saturated fat

APS Meat Criteria

- **Go:** <40% total fat & <25% saturated fat
95% lean ground beef, lean turkey, pork or, ham, fish, skinless chicken breast
- **Slow:** <55% total fat & <25% saturated fat
trout treasures, sesame chicken, turkey roast, garden veggie burger
- **Whoa:** >55% total fat & >25% saturated fat
chicken nuggets, chicken fried steak, 70% lean ground beef, beef brisket, pork & beef pepperoni

APS GSW ENTRÉE CRITERIA

- **Go:** *<40% total fat & <25% saturated fat*
pancake lunch, fish sandwich, deli wrap
- **Slow:** *<50% total fat & <25% saturated fat*
chicken soft taco, beef burrito
- **Whoa:** *>50% total fat & >25% saturated fat*
chicken nuggets, spicy oven baked chicken



APS GSW CEREAL AND GRAIN CRITERIA

- **Go:** <20% total fat, <10% saturated fat,
>2g total fiber
whole wheat pita, roll, bread, cereal
- **Slow:** < 35 % total fat, <10% saturated fat,
<2g total fiber
tortilla, cornbread, animal crackers
- **Whoa:** >35% total fat, >10% saturated fat,
<2g total fiber
biscuits, large muffin, croissants,
corn chips



APS GSW MILK CRITERIA

○ **Go:** *1% or skim unflavored*

○ **Slow:** 1% or skim flavored

○ **Whoa:** 2% or whole (not available for school meals)



APS GSW FRUIT AND VEGETABLE CRITERIA

- **Go:** No sugar or fat added
All fresh or frozen fruits and vegetables. Canned fruit in its own juice.
- **Slow:** Some fat or added sugar
Oven fried potatoes, fruit in light syrup.
- **Whoa:** More fat or added sugar
Deep fried vegetables, fruit in heavy syrup.



AURORA PUBLIC SCHOOLS

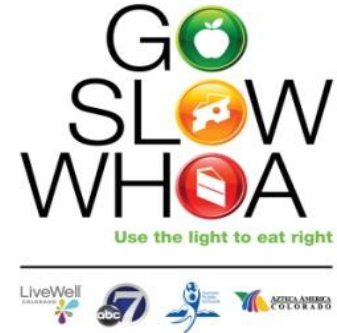
GO SLOW WHOA



- All elementary school menus will be labeled and color-coded for easy recognition for kids and parents district wide.
- Posters will be placed in high traffic areas of the cafeteria as well as in the classrooms in all schools.
- There will be five “incentive” days promoting the consumption of “GO” menu items.



CONTINUED...



- School newsletter inserts to inform of District menu changes and provide more nutrition information
- USDA classroom nutrition education program to promote **Go Slow Whoa**



TRANSLATING **Go Slow Whoa** INTO DAILY FOOD CHOICES MEANS:

- Emphasizing CONSUMPTION OF fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products
- Including lean meat, poultry, fish, beans, eggs, and nuts
- Reducing foods and drinks containing added fat and sugar

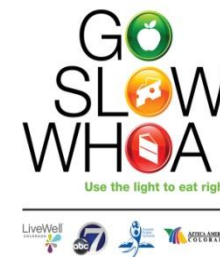


PARENTS ARE THE POWER

- Ask
- Encourage
- Provide
- Let your children know they are making healthy choices when they select “Go” foods.



Teachers are the KEY to our Success



- Post posters in your classrooms.
- Encourage students to choose and consume “GO” menu items everyday and on incentive days.
- Review GSW definitions and what it means to “Use the Light to Eat Right” with students.
- Reinforce GSW messages in nutrition lessons.
- Suggest ways we can improve the GSW program.

Thank You for Your Help.

“Remember that the main goal is to teach children to understand the general idea; that is, that we eat GO, SLOW WHOA foods every day, but the main foods in our diets should be GO foods.”



REFERENCES:

- By Katrina Woznicki,
Published: June 01, 2005
Reviewed by Zalman S. Agus, MD; Emeritus Professor
at the University of Pennsylvania School of Medicine
- Source:
<http://www.nhlbi.nih.gov/health/public/heart/obesity/we-can-mats/parent-hb-en.pdf>
- Modified for APS by Judy Schure, MS, 2010

