



## Health Yourself Byte

### MARCH – NATIONAL NUTRITION MONTH

#### FOOD CHOICES: GO, SLOW, AND WHOA!

Here is an eating plan to consider that will help you manage your weight by keeping calories under control as well as provide you the nutrients you need:

**GO** foods are the lowest in fat and added sugar and are nutrient dense. That means that they have vitamins and minerals that are important for good health! Fruits and veggies are great **GO** foods. You can usually enjoy these any time since they are relatively low in calories. **GO** for color! Choose dark green, deep yellow, orange, red, blue and purple. **GO** for sensory appeal . . . juicy, crunchy, tart, crisp, sweet and yummy! **GO** for variety!



**SLOW** foods are higher in fat and added sugar. Have **SLOW** foods, at most several times a week.

**WHOA** foods are the highest in fat and added sugar. They are calorie dense and don't have much nutritional value. Have **WHOA** foods only once in a while or on special occasions and keep the portions small!

**Bottom line** . . . Choose fruits, veggies, whole grains and fat-free or low-fat milk and milk product. Choose lean meat, poultry, fish beans, eggs and nuts. Cut back on foods and drinks that are high in fat and added sugar!

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical  
Center of Plano