

Go, Slow, & Whoa! A Kid's guide to eating right

The U.S. National Heart, Lung and Blood Institute suggests the "Go, Slow, and Whoa" to think about food.

GO Foods

GO foods are foods that are good to eat almost anytime, and include:

- **Vegetables:** fresh, frozen, & canned vegetables without added fat or sauces.
- **Fruits:** fresh, frozen, & canned packed in juice
- **Breads/Cereals:** whole-grain breads, pitas, tortillas, pasta, rice, breakfast cereals
- **Meats/Proteins:** lean beef, chicken and turkey without skin, fish and shellfish, tofu, beans, egg whites, lentils
- **Drinks:** water, fat-free and 1% milk

SLOW Foods

These foods should be eaten sometimes:

- **Vegetables:** with added fat and sauces
- **Fruits:** canned in syrup, dried fruit
- **Breads/Cereals:** white bread and pasta, biscuits, granola
 - **Meats/Proteins:** broiled hamburgers, ham, chicken and turkey with skin, whole eggs
- **Drinks:** 2% milk, 100% fruit juice, sports drinks

WHOA Foods

These foods should be eaten only once in awhile:

- **Vegetables:** fried, such as fries or hash browns
- **Fruits:** canned in heavy syrup
- **Breads/Cereals:** doughnuts, muffins, crackers with trans fat
- **Meats/Proteins:** fried chicken, hot dogs, lunch meats, sausage, ribs, bacon, chicken nuggets
 - **Drinks:** whole milk, soda, sweetened tea and lemonade

Bike Helmets

Wearing a helmet while biking can help to protect your child's face, head and brain if you were to fall.

- *Make sure your child's bike helmet fits well, and it's worn correctly. Make sure it covers the forehead and the straps are always tightened and fastened while wearing it.*
- *Don't wear a hat under your helmet*
- *Take care of helmets and don't throw it around. If a fall happens while biking, make sure the helmet is replaced because it may not protect your child as well in another fall/accident.*

Car Seat Safety

All infants or small children are required to be restrained in a moving vehicle with a couple of highlights:

- Choose a car seat with a label that states that it meets/exceeds Federal Motor Vehicle Safety Standard 213, and best fits your child's weight, size, and age.
- Forward-facing car seats are designed to protect children from 20-80 pounds, depending on the model. All kids who have outgrown the rear-facing height or weight limit for their car seat should use a forward-facing car seat with a full harness for as long as possible.

For more information, call Jefferson County at 920-674-7465 and ask for the car seat technicians.

Eating Healthy on a Budget

Fill your cart with budget-friendly and healthy options from each food group.

Fruits & Vegetables

- Buy in-season produce and what you can use before it spoils
- Canned fruits and vegetables (look for "low sodium" or "no salt added" and "packed in water/own juices") are often less expensive and have a longer shelf life than fresh.
- Frozen is another great option because it lasts longer than fresh and has great flavor. Opt. for produce that doesn't contain sauces, butter or added sugar.

Grains

- Rice and pasta are budget-friendly and have whole grain varieties.
- Hot cereals like plain oatmeal or whole-grain dry cereal are great and inexpensive options.
- For whole-grain snacks, look for whole-wheat crackers or popping your own popcorn.

Protein Foods

- Beans, peas, lentils and eggs are great sources of inexpensive protein.
- Family-sized or value packs of meat are lower priced and can be frozen.
- Canned tuna, salmon or sardines are easy to store and lower cost.

Dairy

- Low-fat or fat-free milk has fewer calories than whole or 2%
- Larger containers of yogurt are cheaper than the individual cups
 - Always check sell-by dates

Source: myplate.gov

"Shop Smart: Tips for Every Aisle"