

GO Foods and SLOW Foods

Today we spoke with your child practiced making healthy food choices by packing a healthy lunch. We reminded them about the difference between GO Foods and SLOW Foods. You can reinforce the lesson by asking your child to show you what GO Foods he/she is eating during meals at home. Let your child help with meal planning and cooking by helping to choose GO Foods to include in the meal.



What are GO Foods?	What are SLOW Foods?
<p>Provide your body with energy and nutrients that help your body GO</p> <p>Usually natural or minimally processed foods</p> <p>Examples: fruit, vegetables, whole grains, lean meats, nuts, beans, seeds, milk and yogurt</p> <p>Choose GO Foods at every meal.</p>	<p>Provide a quick burst of energy but then SLOW you down</p> <p>Usually high in fat, sugar, and/or salt and are very processed</p> <p>Examples: candy, cookies, soda, French fries, ice cream and chips</p> <p>Limit SLOW Foods and eat in moderation.</p>

Here's a healthy, easy lunch recipe your child can make that features GO Foods.

Whole Wheat Wrap with Tuna and Vegetables

- One whole wheat tortilla
- 1 - 2 leaves of lettuce
- 3 oz tuna (1/2 of a can)
- 1/3 of a cucumber skinned and sliced
- 2 Tablespoons shredded low-fat mozzarella cheese
- Pepper, dill, thyme, basil (optional)



Layer vegetables on top of tortilla. Top with tuna. Roll and enjoy!

Try dressing it up with other vegetables you enjoy like shredded carrots, bean sprouts, or bell peppers.