



NURTURE

www.nurtureyourfamily.org

Elementary Program Go Slow Food Card Information

| Go Food Cards | | Slow Food Cards |
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| <p><u>Fruits</u> Apple Bananas Berries Blueberries Cantaloupe Cherries Grapes Kiwi Mango Orange Peach Pear Pineapple Plum Strawberries Watermelon</p> <p><u>Grains</u> Bread, Whole Grain Cereal, Shredded Wheat Oatmeal Rice, Brown</p> <p><u>Dairy</u> Cheese Milk Yogurt</p> | <p><u>Vegetables</u> Artichoke Asparagus Avocado Broccoli Cabbage Carrot Cauliflower Corn Cucumber Eggplant Garlic Lettuce Onions Peas Peppers, Green Pepper, Orange Peppers, Red Squash, Yellow Spinach Tomatoes</p> <p><u>Protein</u> Almonds Beans Chicken (roasted and grilled) Eggs Fish</p> | <p>Apple Pie Baconator Cheetos Chicken, Fried Chocolate Cookies Croissant Cupcake Donut French Fries Fried Fish Sandwich Froot Loops Fruit Roll-up Gummy Fruits Hamburger Hot dog Ice Cream Lucky Charms Milk Shakes Pepperoni Pizza</p> |