










## Sweets and Snacks

The foods below are snack-type foods. The "Slow" and "Whoa" foods are higher in fat, added sugar, and/or calories and need to be limited so you do not eat more calories than your body needs. Remember, if you eat sweets and snacks, eat small amounts.

GO	SLOW	WHOA
 <p>For "Go" snacks, select foods from the "Go" column in the food groups section.</p>		

## Combining Food Groups

Foods we eat are usually a mixture of ingredients from the different food groups. A food can turn from a "Go" into a "Whoa" based on the ingredients used. The examples below contain ingredients from the milk products, grains, vegetables and meat groups – some "Go," some "Slow," and some "Whoa." Foods served in restaurants often use "Whoa" ingredients.

Combined Foods	GO	SLOW	WHOA
<b>Pizza</b>	 English muffin pizza with low-fat cheese (using ½ English muffin)	 Regular or classic veggie pizza: 1 slice from a medium pizza	 Deep dish pepperoni pizza: 1 slice from a medium pizza
<b>Pasta</b>	 Pasta with tomato sauce and vegetables – 1 cup	 Macaroni and cheese – 1 cup	 Pasta with sausage – 1 cup

## Move More

To keep at a healthy weight, energy in (foods you eat) must balance with energy out (how much you move). Try to get 60 minutes of physical activity every day. Move more, take the stairs, play ball, bike, swim, walk, and find active games you enjoy. Have fun!

For more information, visit the *We Can!*™ Web site at <http://wecan.nhlbi.nih.gov>. *We Can!* is a national education program promoting healthy weight for children from the National Institutes of Health.

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