

**Corn tortillas** 

**Brown rice** 

**SLOW** FOODS

## Eat SLOW foods less often than GO foods



Vegetables w/added fat, salt or sugars

Plain whole milk or plain 2% milk (reduced fat)

White/refined breads

**Pretzels** 

**Baked chips** 

Tuna, canned in oil Luncheon meats Animal crackers 100% fruit juice

Popcorn made with vegetable oil

FAT

FREE

Natural cheeses (Colby, cheddar, Swiss)

Lean or low-fat hamburgers (80-95% lean)

WHOA FOODS

## Eat WHOA foods less often than GO or SLOW foods





Soda/soft drinks Sports/energy drinks Sweetened yogurt drinks Flavored milk High sugar cereals Doughnuts
Cake
Candy
Chips
Fried chicken

Popcorn w/butter
Processed cheese

Ice cream







## be active - play hard!

As much as possible!



Play team sports Go for a run

Ride a bike

Rollerblade or skate board

**Swim laps** 

**Practice martial arts** 

Jump rope



**ACTIVITIES** 

As often as you can!





**Shoot baskets** Bump a volleyball

Kick a soccer ball

Take a hike

Play catch

Do garden or yard work

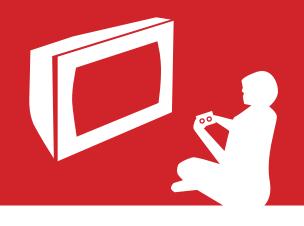
Hit a tennis ball

**Invent dance moves** 

**SEDENTARY ACTIVITIES** 

**Cut back and limit!** 

**Watch TV Video Games Computer time** 











© 2017-2019 UTHealth