

Join us for the Fitwize

Nutrition Session

Friday, July 20 from 4 to 5 PM!



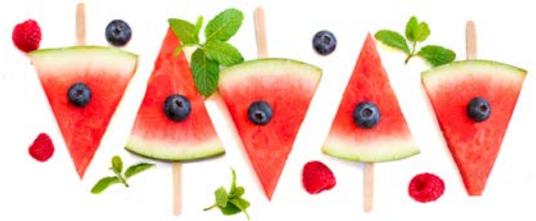
You know what the colors on a stop light mean but what if you apply that concept to eating?

This month we will learn the Go Slow Whoa system so that we can choose more Go foods and fewer Whoa foods.

You Are What You Eat!

By Stephanie Mull, MS, RD, CSSD, CSCS

You might think it is a cliché but you are what you eat is truly accurate. The more foods we eat that contain healthy fats, fiber, vitamins, minerals, antioxidants, and less sodium you eat then the healthier your body will be. You will get sick fewer times. You will heal faster after injury or infection. You will age slower. However, the more fat, sugar, sodium, and processed foods (which have been stripped of nutrients) you eat, the more likely you are to be overweight or obese. You are also at risk for developing many chronic conditions like diabetes, heart disease and cancer. I always like to refer to our bodies as a car. Cars need gas to go just like our bodies need food to stay alive. For some cars, it is better to fill up with a gas that is octane 89 or 93. The cars perform better with this type of gas. Same holds true for the food we put into our bodies: the better the food, the better our bodies will perform. So think of your body as a Ferrari and do your best to put the best “gas” into it!



This month in the nutrition session we will learn the Go Slow Whoa system. It categorizes foods into these three categories for easy identification on what foods are healthiest and which foods are not.

Go = the most nutritious foods that should be eaten daily and be the foundation of our diets; lower in fat, calories, added sugar and sodium

Slow = middle of the range foods; can be eaten in moderate amounts or sometimes; these foods are higher in calories, fat, added sugar and sodium

Whoa = unhealthy foods that should be eaten rarely; these foods are very high in calories, fat, added sugar and sodium

Besides learning the concept behind the system, the kids will also try to figure out the categories of the foods they typically eat. This is a great system to apply at home to reinforce what they learn this month. You can easily make a chart and put it on the fridge or on the inside of the pantry door as a reminder for your children. Visit this website for printable materials as well as other tips to help your family eat right:

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/index.htm>