



♥ HEALTHY START FAMILY ACTIVITY ♥

| GO | SLOW |
|---------------------------|--|
| Any kind of fruit | Candy |
| Any kind of vegetable | Cake |
| Low fat milk (1% or skim) | Cookies |
| Low fat cottage cheese | Potato chips, tortilla chips |
| Yogurt | Soda, punch, fruit drinks that are not juice |
| All kinds of bread | Ice cream |
| Non sugary cereals | Whole milk |
| Rice, pasta, beans | Hard cheese |
| Popcorn without butter | Popcorn with butter |
| Graham crackers | Butter, oil |
| Pretzels | French fries |
| Fruit ices | Sugary cereals |
| Water, fruit juice | Doughnuts |

