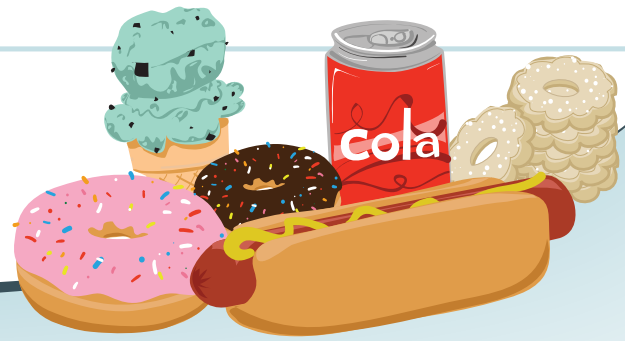


Avoid Whoa! Foods



Avoiding Whoa! foods can help improve your family's eating habits. Whoa! foods are high in fat and/or sugar, and are low in healthy things like vitamins and minerals. Whoa! foods often replace healthier foods in your family's diet, which puts you and your kids at higher risk for poor health. If you choose to eat Whoa! foods, save them for special occasions and eat them in small amounts.

Whoa! foods and healthier food choices

Below are some examples of Whoa! foods and healthier food choices for each.

Whoa! Foods		Healthier Food Choices
Croissants, muffins, doughnuts, sweetened breakfast cereal	➔	Whole-grain breads, pita bread, tortillas, pretzels, low-fat popcorn, rice cakes and unsweetened whole-grain breakfast cereal
Hamburgers, ribs, bacon, fried chicken, hot dogs, sausage, fried eggs, fried fish	➔	Grilled skinless chicken and turkey, tuna canned in water, turkey bacon, extra lean ground beef, grilled fish, beans, boiled eggs, egg whites, egg substitutes
Butter, creamy or oily salad dressing, regular mayonnaise, sour cream, cheese sauce, cream sauce, creamy dips	➔	Ketchup, mustard, fat-free or low-fat mayonnaise and dressings, tomato-based pasta sauces, salsa
Cookies, cakes, pies, cheese cake, ice cream, candy	➔	Frozen 100% fruit bars, low-fat ice cream, fig bars, ginger snaps, graham crackers, fresh fruit, low-fat yogurt
Whole milk, regular soda, sweetened iced teas, sports drinks	➔	Water, fat-free or 1% milk, low-fat soy milk, unsweetened iced teas

Avoiding Whoa! foods is a healthy choice for you and your family. Making a change to your habits doesn't have to be drastic. Start with a small goal and build on it to make it last!

How Can We Avoid Whoa! Foods?



Avoiding Whoa! foods can help improve your family's health, but it can be hard to change your eating habits! Here are some tips to help get you started.

- Each family member should track how many Whoa! foods he or she eats each day.
- Set a goal for yourself. Make sure it's reasonable and achievable. For example, if you eat bacon with your breakfast, set a goal to switch to turkey bacon instead.
- Get the whole family involved in some friendly competition. Supporting each other's efforts will make it easier for everyone to do well.
- Use the diary in this packet to record your goal and track your progress. Make copies of the diary before you start so you'll have one for every week.

Making it easier to avoid whoa! foods

These ideas will help you stay focused and achieve your goals. The easier it is for you to make good choices, the easier it will be to avoid Whoa! foods!

- Keep Whoa! foods out of your home. Make your kitchen a healthy zone!
- Collect healthy recipes and meal/snack ideas for the week before making a grocery list. Stick to your list when shopping!
- Pack your own healthy lunch for work or school instead of eating out.
- When you do eat out, choose sandwiches with lean meats (turkey and chicken), and choose a baked potato, steamed vegetables or a side salad instead of french fries.
- Choose low-fat dressings on the side instead of pouring them on top of your salad.
- Make meal time family time, and talk about how to make healthy food choices.
- Plan ahead! Fill a cooler with sandwiches and healthy snacks for road trips.

Track your progress and reward your family for a job well done!

To start avoiding Whoa! foods, set your goal and go for it! Write your goal on the contract and use the diary to track your progress. Don't get discouraged if you don't meet your goal every day. Each day is a fresh start! Remember to reward yourself and your family for your efforts. Take a walk, play a game, read a book together. Celebrate your efforts and your success!

Whoa! Food Diary

Track your Whoa! foods

Use the chart below to keep track of how many Whoa! foods you have each day.

Instructions

- Set your goal and write it on your weekly diary.
- Each time you eat a Whoa! food, note it for that day on your diary. At the end of the day, count up your total Whoa! foods. Compare it with your goal.
- Track your Whoa! food progress on a new form each week.
- Set up a time each week with a family member or friend to talk about how you are doing with tracking your Whoa! foods and making this healthy change.
- Make sure you have a diary for next week. If you do not have one, make a copy of a blank one or make up a new one.

Helpful Tips

- Keep your diary where you will see it each day. For example, put your diary on the refrigerator, by your bed, or on your bathroom mirror.
- If you don't have your diary with you, use any piece of paper, then copy it to your diary when you get home.
- Be honest! It's ok if you don't meet your goal every day.



Week of: _____ Weekly Goal: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
What Whoa! foods did I eat?							
How many Whoa! foods did I eat?							
Did I meet my weekly goal? Yes <input type="checkbox"/> No <input type="checkbox"/>							

Notes: _____

Healthy Pathways Lifestyle Goal Contract

We choose to focus on avoiding Whoa! foods.

I promise to try to eat no more than _____ Whoa! foods,
(goal)
_____ days a week, starting today.
(number)

I, _____, will try my best to meet this goal.
(child signature)

I, _____, will support efforts to meet this goal.
(caregiver signature)

Today's Date: _____

