



School-based Telehealth program

Bringing the expertise of Cook Children's to your child's school nurse's office.

Register today at schooltelemed.org

Use Go, Slow and Whoa! to eat and drink your way to a healthy mouth and body.

GO

Eat or drink these **anytime.**



- Most natural and healthiest choice
- Low risk for tooth decay
- Examples: apples, black beans and water

SLOW

Eat or drink these **less often.**



- No more than two or three times a week
- These are not as nutritious or healthy
- Examples: applesauce, refried beans, pretzels and 100% fruit juice

WHOA

Eat or drink these **every once in awhile.**



- Two or three times a month or for special occasions, like birthdays
- Least nutritious and healthy
- Can cause high risk for tooth decay
- Examples: apple pie, chips, fries and soda