

GO SLOW WHOA

Your Quick Guide to Healthy Eating



Food Group	Go Foods - Almost Anytime	Slow Foods - Sometimes	Whoa Foods - Once in a While
 <p>Vegetables</p>	<p>Fresh, frozen, and canned vegetables without added fat and sauces (i.e. butter, cheese and dressings)</p>	<p>Vegetables with added fat and sauces (i.e. butter, cheese, and dressings), and oven baked French fries</p>	<p>Fried vegetables (i.e. mushrooms, French fries, hash browns, zucchini, squash, and asparagus)</p>
 <p>Fruits</p>	<p>Fresh, frozen, and canned fruit in its own juice</p>	<p>100% fruit juice, fruits canned in light syrup, and dried fruit</p>	<p>Fruits canned in heavy syrup</p>
 <p>Breads & Cereals</p>	<p>Whole grain/whole wheat</p> <ul style="list-style-type: none"> • bread • pasta • pitas • unsweetened hot/cold cereal • brown rice • pancakes/waffles 	<p>White (refined/bleached flour)</p> <ul style="list-style-type: none"> • bread • cereals • pasta • rice • pancakes/waffles • fried hard taco shells 	<p>Croissants, muffins, biscuits doughnuts, sweet rolls, crackers made with trans fats (partially hydrogenated oils), sweetened breakfast cereals</p>
 <p>Milk and Dairy</p>	<p>Skim (fat-free) or 1% (low-fat) milk, fat-free and low-fat yogurt, cheese, and cottage cheese</p>	<p>2% low-fat milk Low-fat cheeses</p>	<p>Whole milk (Vitamin D), full-fat yogurt and cheeses (American, cheddar, Colby, Swiss), cream cheese, processed cheeses (Velveeta, Cheese Whiz, Easy Cheese)</p>
 <p>Meats, Poultry, Fish, Eggs, Beans & Nuts</p>	<p>Trimmed beef and pork, extra lean ground beef, chicken and turkey without skin, tuna canned in water, baked, broiled, steamed, grilled fish and shellfish, beans, split peas, lentils, tofu, egg whites</p>	<p>Lean ground beef, broiled hamburgers, ham, Canadian bacon, chicken and turkey with skin, low-fat hot dogs, tuna canned in oil, peanut butter, nuts</p>	<p>Untrimmed beef and pork, regular ground beef, fried hamburger, chicken, pork, fish and shellfish, ribs, bacon, chicken nuggets, hot dogs, lunch meat, pepperoni, sausage, eggs cooked in butter and other fats</p>
 <p>Sweets/ Snacks</p>		<p>Frozen fruit juice bars, low-fat frozen yogurt and ice cream, fig bars, ginger snaps, baked chips, low-fat microwave popcorn, pretzels</p>	<p>Cookies, cake, pie, cheesecake, ice cream, chocolate, candy, chips, hot chips, and buttered microwave popcorn</p>
 <p>Condiments</p>	<p>Vinegar, ketchup, mustard, fat-free salad dressings, fat-free mayonnaise, fat-free sour cream, vegetable oil, olive oil, and oil based salad dressings</p>	<p>Low-fat salad dressings Low-fat mayonnaise Low-fat sour cream</p>	<p>Butter, margarine, lard, salt pork, gravy, regular salad dressing, mayonnaise, tartar sauce, sour cream, cheese sauce, cream sauce, dips</p>
 <p>Beverages</p>	<p>Water, skim or 1% milk, unsweetened teas, flavored waters, sugar-free drinks</p>	<p>2% milk, 100% fruit juice, diet sodas, vitamin waters</p>	<p>Whole milk, soda, sweetened teas, energy drinks (i.e. Monster), sports drinks, fruit drinks (not 100% real fruit juice)</p>