stay healthy – eat smart!

Eat mostly GO foods!

- Fish (baked, grilled or broiled)
- Whole grain breads
- Whole grain cereals (toasted oats, shredded wheat, oatmeal)
- Extra lean ground beef
- Water
- Fruit & vegetables (no added sugar or fat)
- 100% fruit/vegetable juices
- Unflavored skim/fat-free or 1% milk
- Graham crackers
- Low-fat cheese
- Corn tortillas
- Brown rice

Eat fewer SLOW foods

- Vegetables w/addition fat (butter, margarine, sauces)
- 2% plain milk (reduced fat)
- White/refined breads
- Pretzels
- Baked chips
- Tuna, canned in oil
- Turkey franks
- Animal crackers
- Cereal/fruit bars
- Low-fat popcorn

Eat even fewer WHOA foods

- Soda
- Sports/energy drinks
- Whole milk
- Flavored 2% milk (reduced fat)
- Doughnuts
- Cake with icing
- Candy
- Chips
- Fried chicken
- Popcorn w/ butter
- American cheese
- Ice cream