

stay healthy – eat smart!

GO FOODS

Eat mostly GO foods!



- 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



- Fish (baked, grilled or broiled)
- Whole grain breads
- Whole grain cereals (toasted oats, shredded wheat, oatmeal)
- Extra lean ground beef
- Water



SLOW FOODS

Eat fewer SLOW foods



- Vegetables w/added 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



- Natural cheeses (Colby, cheddar, Swiss)
- Lean or low-fat hamburgers

WHOA FOODS

Eat even fewer WHOA foods



- Soda/soft drinks
- 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

