

GO, SLOW AND WHOA FOODS

GRAINS

	GO	SLOW	WHOA
Breads, Muffins/Sweet Breads	Whole-grain bread, buns, rolls, bagels, pita bread	White bread, buns, rolls, bagels, pita bread	croissants, biscuits, sweet rolls, doughnuts, high fat muffins
Pastas	Whole grain pasta	Regular, egg noodles	Instant higher-fat noodle soups
Rice	Brown rice	White rice, rice cakes	Fried rice
Cereals	Whole grain, low sugar, hot and cold, cracked wheat	Low fat granola, instant oatmeal	High sugar cereal, hot and cold, regular granola
Crackers	Low Fat whole grain crackers	Low fat crackers	High fat crackers
Chips	Baked tortilla chips	Pretzels, baked chips	Regular potato chips, other chips
Cookies/Cakes/Brownies	Graham Crackers	Animal crackers, vanilla wafers, low fat cookies, cereal/fruit bars, low fat cakes	High fat, high sugar cookies, high fat high sugar cakes, brownies
Popcorn	Air Popped popcorn	low fat popcorn	popcorn with butter, flavored popcorn, kettle corn

VEGETABLES

	GO	SLOW	WHOA
Vegetables	All fresh, frozen or canned vegetables without added sugar or fat	Vegetables with added oil, butter, margarine, or low fat cheese sauce, baked french fries and hash browns	Fried battered vegetables, fried potatoes, fried french fries, fried hash browns
Vegetable Juice	100% Vegetable juice		

FRUIT

	GO	SLOW	WOHA
Fruit	All fresh, frozen or canned fruited without added fat or sugar	Fruits canned in light syrup	Fruits canned in heavy syrup
Fruit Juice	100% juice, Frozen 100% juice bars and smoothies	Sherbet, frozen fruit bars and smoothies with added sugar	
Dried Fruit/Fruit Leather	Dried fruits, 100% fruit leather	Dried fruit with added sugar and fruit leather with added sugar	fruit roll-ups

OILS

	GO	SLOW	WOHA
Oils	Non stick cooking spray	Vegetable, olive, canola, peanut, sunflower, safflower, soybean oils	Butter, margarine, shortening
Foods rich in oils		Fat free or low fat gravy, mayo, sour cream, salad dressing, and oil and vinegar	Gravy, mayo, sour cream, high fat salad dressing

DAIRY

	GO	SLOW	WOHA
Milk	Skim milk, 1% milk, non fat dry milk, fortified rice milk, fortified low fat soy milk	2% milk, flavored fat free and 1% milk, fortified soy milk	Whole milk, flavored whole and 2% milk, and milkshakes
Yogurt	Fat free or low fat plain, or no sugar added flavored yogurt, or 100% fruit juice sweetened, and fat free or low fat yogurt drinks with no sugar added	Fat free or low fat sugar added yogurt and fat free or low fat yogurt drinks with sugar added	Whole milk yogurt and yogurt drinks
Cheese	Part skim cheese, low fat string cheese, low fat cottage cheese, and low fat soy cheese	Natural cheeses such as: swiss, colby, cheddar, reduced fat cottage cheese, reduced fat ricotta, low fat cheese sauce, low fat processed cheese, soy cheese and low fat cream cheese	Processed cheeses, cream cheese, cheese sauce, ricotta cheese, and cottage cheese
Dairy Desserts		Non fat or low Fat frozen yogurt, low fat ice cream, and pudding made with skim or 1% milk	Ice cream, pudding made with 2% or whole milk, cheesecake, and frozen yogurt

PROTEINS

	GO	SLOW	WOHA
Dried Beans and Peas	Beans, black eyed peas, split peas, garbanzo beans, lentils, hummus	Baked Beans, Falafel	
Nuts and Seeds	Peanuts, almonds, pecans, walnuts, cashews, pistachios, pumpkin seeds, sunflower seeds, natural peanut butter and other nut butters	Peanut butter and other nut butters with added sugar and fat	
Eggs	Whole eggs, egg whites, egg substitutes	Eggs fried in vegetable oil	Eggs fried in butter or margarine
Fish	Fish, baked broiled, and tuna in water	Baked breaded fish and fish sticks, and tuna packed in oil	Fried fish and fried fish sticks
Poultry	Chicken, and turkey without skin, baked, broiled, grilled	Chicken and turkey with skin baked, broiled, grilled, breaded baked chicken or turkey, baked chicken nuggets, and lean ground chicken and turkey	Fried chicken, fried chicken nuggets
Beef	Lean cuts of beef, Extra lean ground beef, ground beef that has been drained and rinsed	Lean ground beef, lean or low fat hamburgers	Regular cuts of beef, regular ground beef, beef jerky, regular hamburgers, beef ribs
Other Protein Foods	Tofu, veggie burgers		
Processed Meats	Low fat or non fat luncheon meats	Regular luncheon meats, low fat kosher hot dogs, kosher turkey or chicken sausage	Kosher hot dogs, bologna, salami, pastrami