

Food List Go, Slow, Whoa

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Food Item	Serving	Calories	Fat (g)	Vitamins/Minerals
Apples	1 medium piece	80	0	HIGH
Celery	1 cup	25	0	HIGH
Whole Grain Cereal without Sugar	1 cup	110	0	HIGH
Fat Free Pudding	4 oz	100	0	LOW
Fat Free Yogurt	6 oz	60	0	HIGH
100% Fruit Leather	1 bar	50	0	HIGH
Granola Bars	1 bar	120	4	HIGH
Low Fat Cream Cheese	1 Tbsp	35	4.5	LOW
Mini Rice Cakes	8 cakes	60	3	LOW
Peanut Butter	2 Tbsp	190	14	HIGH
Pretzels	1 oz, 24 sticks/small pretzels	110	1	LOW
Reduced Fat Cheese	1/4 cup/ 1 slice	70	4	HIGH
Snap Peas	1 cup	25	0	HIGH
Sugar Free Jelly	1 Tbsp	10	0	LOW
Unsweetened Applesauce	1/2 cup	50	0	HIGH
Whole Wheat Bread	1 slice	80	1	HIGH
Baked Chips	7-11 chips	110	1.5-3	LOW
Cereal Bars	1 bar	140	4	HIGH
Fat Free or Low Fat Yogurt with Sugar Added	6 oz	150	0-1	HIGH
Fruit in Light Syrup	1/2 cup	120	0	HIGH
Fruit Leather with Added Sugar	1bar	50	0	HIGH
Fruit Roll-Up	1 roll up	50	0	LOW
Jelly	1 Tbsp	50	0	LOW
Low Fat Muffins	1 muffin	350	5	LOW
Macaroni and Cheese	1/3 cup	320	10	HIGH
Raisins	1/4 cup	130	0	HIGH
Tortilla Chips	11-15 chips	130	7	LOW
White Bread	1 slice	90	1.5	LOW
Yogurt	6 oz	175	1.5	HIGH
Cereal with Sugar	1 cup	120	0.5	HIGH
Cheese	1/4 cup/ 1 slice	100	7	HIGH
Chocolate Chip Cookies	3 cookies	160	8	LOW
Cream Cheese	1 Tbsp	85	8	LOW
Donuts	1 donut	350	26	LOW
Ice Cream	1/2 cup	140	7	LOW
Potato Chips	1 oz, 15-19 chips	150	8	LOW
Pudding	4 oz	130	3.5	LOW
Sandwich Cookies	3 cookies	160	7	LOW