

Go – Slow - Whoa

GO!

Nutrient dense, low in added sugar and saturated and trans fats
Lower calorie options, higher fiber foods

Vegetables	<p>Fresh, frozen or canned, without added fat (butter, gravy, cheese sauce, etc.)</p> <ul style="list-style-type: none"> Acorn squash, artichoke, asparagus, bok choy, beets, broccoli, brussels sprouts, butternut squash, cabbage, carrots, cauliflower, celery, collard greens, cucumber, eggplant, green beans, green peas, lettuce, snow peas, spinach, radishes, salsa, tomatoes, mushrooms, parsnips, pumpkin, water chestnuts, wax beans, summer squash, sweet potato, swiss chard, turnips, scallions, yam, zucchini
Fruits	<p>Fresh or frozen, no sugar added</p> <ul style="list-style-type: none"> Apple, apple sauce (no added sugar), apricot, banana, berries, cantaloupe, clementine, grapefruit, grapes, honeydew, kiwi, lemon, lime, mango, papaya, pineapple, nectarine, orange, peach, pear, plum, tangelo, tangerine, watermelon
Grains	<ul style="list-style-type: none"> Cereals/Granola (hot and cold) with 8 grams or more of fiber and 9 grams or less of sugar (1 serving) 100% whole wheat bread (1 slice - 80 calories or less per slice, and 2 grams or more of fiber per slice) 100% whole wheat bagel (1/4 of full size or 1 mini) 100% whole grain English muffin (1 muffin) 100% whole grain pita (1/2 of a large pita) 100% whole grain wheat or corn tortilla (6 inches) Small 100% whole grain buns (1 serving) (at least 4 grams of fiber per bun) Barley, quinoa, bulgur, oats (1/2 cup cooked) 100% whole wheat pasta or 100% couscous (1/2 cup cooked) Brown rice, brown basmati rice, or wild rice (1/2 cup cooked) Crackers: 100% whole grain (1 serving)
Dairy	<ul style="list-style-type: none"> Milk: 1% or skim (1 cup) Other milk: soy/nut milks with less than 2 grams of sugar per serving (1 cup) Yogurt: less than 12 grams sugar per serving (light or nonfat) (1 serving) Cheese: low fat cheeses (3 or less grams of fat per ounce), low fat/no fat cottage cheese, light string cheese (1.5 ounces)
Protein	<p>Lean Proteins (0-3 grams of fat per ounce) (2-3 ounces= 1 palm size)</p> <p>Meat:</p> <ul style="list-style-type: none"> Beef (trimmed of fat): ground round, roast (chuck, rib, rump), round, sirloin, steak (cubed, flank, porterhouse, T-bone), tenderloin Poultry (no skin): chicken, turkey Pork: rib roast or loin chop/roast, ham, tenderloin, Canadian bacon Veal: loin chop, roast Deli meats with less than 3 grams fat per ounce: turkey, ham, turkey ham, turkey kielbasa*, turkey pastrami* Sausage with 3 grams of fat or less per ounce* (chicken, turkey or sausage) 1/2 ounce beef jerky*

	<ul style="list-style-type: none"> • Fish (not fried, no fat based sauce): catfish, cod, flounder, haddock, halibut, salmon, tilapia, trout, tuna, smoked herring or smoked salmon, canned salmon, canned sardines, canned tuna • Shellfish (not fried, no fat based sauce): clams, crab, imitation shellfish, lobster, scallops and shrimp <p>Other:</p> <ul style="list-style-type: none"> • ¼ cup egg substitute • 2 egg whites • 1 egg • Dried beans, low-sodium canned beans, fat-free refried beans (1/2 cup) • Tofu (2-3 ounces) • Hummus (2 tablespoons) • Nut butters (1 tablespoon) (with no added sugar or fat) • Nuts and seeds, unsalted or lightly salted (1/4 cup) (with no added sugar or fat)
Packaged/ Prepared Entrees	<ul style="list-style-type: none"> • Canned soup (50 or less calories per serving, low sodium) • Broth-based homemade soup • Frozen/prepackaged entrees: Less than 300 calories per serving, more than 12 grams of protein per serving, 8 grams or more fiber per serving
Fats and Condiments	<p>Oils (1 teaspoon)</p> <ul style="list-style-type: none"> • Canola oil • Olive oil • Peanut oil • Sesame oil • Soybean oil • Walnut oil <p>Condiments (2 tablespoons)</p> <ul style="list-style-type: none"> • Low fat, salad dressing with less than 3 grams of sugar • Hot sauce • Lemon juice • Cream cheese (fat free) • Tomato sauce (no added sugar) • Vinegar • Mayonnaise (fat free) • Mustard • Soy sauce
Snacks	<ul style="list-style-type: none"> • Fruits and vegetables from the “Go” list • Yogurt: less than 12 grams sugar per serving (light or nonfat) • Cheese: low fat cheeses (3 or less grams of fat per ounce), low fat/no fat cottage cheese, light string cheese • Hummus or nut butter (1 tablespoon), unsalted or lightly salted nuts (1/4 cup) • Hardboiled egg • 2 slices of deli meats with less than 3 grams of fat per ounce: turkey, ham, turkey ham, turkey kielbasa*, turkey pastrami* • Popcorn (with no butter or sugar added) • 100% whole grain crackers with low fat cheese or 1 tablespoon nut butter
Beverages	Water

*higher sodium

SLOW!

1-3 items per day

Vegetables	<ul style="list-style-type: none"> • Corn (1/2 cup) • Mashed potatoes (without added fat and salt, 1/2 cup) • Baked/boiled potatoes (1/2 of large potato)
Fruits	<ul style="list-style-type: none"> • Dried fruit without added sugar (1/4 cup) • Canned fruit in 100% juice (1/2 cup)
Grains	<ul style="list-style-type: none"> • Cereals/Granola (hot and cold) with 4-7 grams fiber and less than or equal to 10 grams sugar (1 serving) • 100% whole grain bread (1 slice - 80-120 calories per slice, less than 2 grams of fiber) • 100% whole grain pancakes or waffles, without syrup or butter (1 pancake/waffle) • Tortilla chips (1 ounce., 10-15 chips; includes “multigrain”) • Brown rice cake (1 cake) • Tortilla (6 inches)
Dairy	<ul style="list-style-type: none"> • Milk: 2% milk (1 cup) • Other milk: soy/nut milks 2-12 grams of sugar (1 cup) • Yogurt: 12-16 grams of sugar per serving (1/2 cup) • Cheese: cheese (4-7 grams of fat per ounce), 2% cottage cheese (1.5 ounces)
Protein	<p>Medium-fat Meats (4-7 grams of fat per ounce) (2-3 ounces= 1 palm size)</p> <ul style="list-style-type: none"> • Beef: corned beef, ground beef, meatloaf, prime rib (trimmed of fat), short ribs • Poultry: chicken with skin, ground turkey, dove, wild duck or goose • Pork: cutlet, shoulder roast • Veal (no breading): cutlet • Sausages with 4-7 grams of fat per ounce <p>Other:</p> <ul style="list-style-type: none"> • Refried beans
Packaged/ Prepared Entrees	<ul style="list-style-type: none"> • Canned soup (50-100 calories per serving, low sodium) (1 cup) • Homemade cream soup made with low fat dairy (1 cup) • Cheese pizza, thin crust (1 slice, preferably whole wheat crust) • Frozen entrees: 300-400 calories/serving, 9-12 grams of protein/serving, 4-7 grams of fiber/serving

<p>Fats and Condiments</p>	<p>Condiments</p> <ul style="list-style-type: none"> • Cream cheese (light, 2 tablespoons) • Honey mustard (2 tablespoons) • Ketchup (2 tablespoons) • Mayonnaise (light) (1 tablespoon) • Miracle whip (light) 1 tablespoon) • Sour cream (low fat, 2 tablespoons) • Spreadable fruit (no added sugar) (2 tablespoons)
<p>Snacks/ Desserts</p>	<ul style="list-style-type: none"> • Sugar free popsicles or ice pops • Popcorn (with butter and salt), Kettle corn • Sugar free pudding (1/2 cup) • Fruits from the yellow list • Yogurt: 12-16 grams sugar per serving (1/2 cup) • Cheese: cheese (4-7 grams of fat per ounce), 2% cottage cheese (1.5 ounces) • Cereal bars/granola bars with less than 6 grams of sugar • Tortilla chips (1 ounce, 10-15 chips; includes “multigrain”)
<p>Beverages</p>	<ul style="list-style-type: none"> • Diet soda • Propel® Zero • Powerade Zero® • Sugar-free beverages (like Crystal Light®) • Unsweetened tea • Smoothies (made at home, with only fruit, vegetables and/or low-fat dairy, limit to 8 ounce or 1 cup serving)

WHOA!

0-1 item per day

High calorie foods, high in added sugar, saturated and trans fats

Low in nutrients and fiber

Vegetables	<ul style="list-style-type: none">• French fries, sweet potato fries, hash browns, mashed potatoes with added fat and salt (1/2 cup)• Canned/frozen vegetables with added fat (butter, gravy, cheese sauce, etc.) (1/2 cup)
Fruits	<ul style="list-style-type: none">• Apple sauce (with added sugar, 1/2 cup)• Canned/frozen fruit (with added sugar or in syrup, 1/2 cup)• Chocolate covered fruits (1/2 cup)• Fruit juice, limit to 4 ounces or 1/2 cup per day (including but not limited to 100% juice, Naked Smoothies, V8 fusions, Bolthouse Farms, POM, homemade juices, Trop50, Juicy Juice, Honest Kids)• Fruit fillings (1/4 cup)• Dried fruit with added sugar (1/4 cup)• Fruit snacks or fruit leather (1 serving)
Grains	<ul style="list-style-type: none">• Cereals (Cooked/hot and Cold) with less than or equal to 3 grams fiber and/or 11 grams or more grams of sugar (1 serving)• Sugar sweetened cereals, such as Lucky Charms®, Cinnamon Toast Crunch® (1 serving)• Pancakes/waffles (1 pancake or waffle)• French toast made with white flour (1 slice)• Pop tarts (1 pop tart)• Donuts (medium size)• Toaster strudel (1 strudel)• Bread made with white flour (1 slice) (including Honey Wheat)• Bagel (1/4 of full size of 1 mini)• Biscuits (1 biscuit)• Bread sticks/rolls (1 stick/roll)• Buns (1 bun)• Croissants (1 croissant)• Muffins (1 medium)• Stuffing (1/3 cup cooked)• Tortillas (larger than 6 inches)• White pasta (1/2 cup cooked)• Crackers made with refined/enriched grains (1 serving)• Rice cakes (1 cake)• Pretzels (1 serving)• White rice, Jasmine rice, Yellow rice, couscous (1/2 cup cooked)• All prepackaged, flavored rice/noodle products made with refined grains (Uncle Ben's, Knorr Pasta, Rice-a-Roni, etc.) (1 serving, cooked)

<p>Dairy</p>	<ul style="list-style-type: none"> • Milk: whole milk, any flavored milk (1 cup) • Other milk: soy/nut milks with greater than 12 grams of sugar (1 cup) • Yogurt: greater than 16 grams of sugar per serving (limit to 1/2 cup), Gogurt • Cheese: cheese (greater than 7 grams of fat per ounce), full fat cottage cheese (1.5 ounces) • Other: Ice cream, frozen desserts, regular pudding (1/2 cup)
<p>Protein</p>	<p>High-fat Proteins (8+ grams of fat per ounce) (2-3 ounces=1 palm size)</p> <p>Meat:</p> <ul style="list-style-type: none"> • Bacon (2 slices pork bacon, 3 slices turkey bacon) • Hot dog (beef, pork, turkey or chicken) • Fried chicken • Fried fish and shellfish • Pork: ground, sausage or spareribs • Lamb • Bologna, hard salami, pastrami • Sausage with 8+ grams of fat per ounce (bratwurst, chorizo, Italian, knockwurst, Polish) <p>Other:</p> <ul style="list-style-type: none"> • Breaded soy products (1 serving) • Baked beans (1/2 cup)
<p>Packaged/ Prepared Entrees</p>	<ul style="list-style-type: none"> • Fast food- unless choosing foods from “Go” list at restaurant • Frozen Entrees: Greater than 400 calories/serving, Less than 9 grams of protein/serving, Less than 3 grams of fiber/serving • Macaroni and cheese (all brands, and homemade) (1 cup) • Spaghetti O’s (1 cup) • Pizza (1 slice) • Chef Boyardee (1 cup) • Hamburger Helper (1 cup) • Chicken Nuggets (4 nuggets) • Corndogs (1 corndog) • Fish sticks (4 sticks) • Ramen noodles (1 package) • Soup: greater than 100 calories per serving, homemade soup made with full fat dairy (1 cup)
<p>Fats and Condiments</p>	<p>Fats (1 tablespoon)</p> <ul style="list-style-type: none"> • Butter • Lard • Cream cheese • Margarine • Coconut oil, palm oil, palm kernel oil • Whipped cream <p>Condiments (1 tablespoon)</p> <ul style="list-style-type: none"> • BBQ sauce • Honey • Jam/jelly • Mayonnaise (regular) • Miracle whip (regular)

	<ul style="list-style-type: none"> • Molasses • Sugar- all types • Nutella® • Sour cream • Brown sugar • Sweet and sour sauce • Syrup (low sugar or regular) • Agave nectar • Caramel Sauces • Chocolate Syrup
<p>Packaged Snack Foods</p>	<ul style="list-style-type: none"> • “100 Calorie” snack packs • Candy (including sugar-free) (1 handful) • Baked goods – brownie (2”), cookie (2 small), cake (including low fat), cupcake, pie, Danish, doughnuts (1 serving) • Chips (1 serving) • Pretzels (1 serving) • Cheese puffs (1 serving) • Cookies (1 cookie) • All Little Debbie/Hostess Snacks (1 serving) • Mini Muffins (1 serving) • Pizza rolls (1 serving) • Bagel Bites (1 serving) • Marshmallows (1 serving) • Chex-Mix (1 serving) • Veggie Straws (1 serving) • Fruit snacks and roll-ups (1 serving) • Gelatin (regular) (1 serving) • Ice cream (1/2 cup) • Popsicles (1 popsicle) • Pudding (1 serving) • Ramen noodles (1 serving) • Rice cakes- flavored or unflavored (1 cake) • Rice Krispy treats (1 serving) • Cereal bars/granola bars with more than 6 grams of sugar (1 serving) • Frozen appetizers, such as Mozzarella sticks, chicken wings, taquitos, “pigs in a blanket,” garlic/cheesy bread (1 serving) • All other items on “whoa” list

Beverages

- Coffee drinks (sweetened with sugar or regular syrups; includes Starbucks, Dunkin Donuts, etc.) (small size, 8-12 ounces)
- Energy Drinks (1 can)
- Fruit Drinks (Kool-Aid®, SoBe drinks®, Vitamin water®, CapriSun®) (1 cup)
- Fruit juice, limit to 4 ounces per day (including but not limited to 100% juice, Naked Smoothies, V8 fusions, Bolthouse Farms, POM, homemade juices, Trop50, Juicy Juice, Honest Kids, etc)
- Hot chocolate (regular) (1 cup)
- Milkshakes (1 cup)
- Regular soda (1 cup)
- Sweet tea (1 cup)
- Slushies (1 cup)
- Smoothies (not homemade, or with added sugars and high fat ingredients) (size small, 8-12 ounces)
- Sports drinks (Gatorade®, Powerade®) (1 cup)
- Any other beverages sweetened with sugar (1 cup)

Key

1 cup	8 ounces
½ cup	4 ounces