

stay healthy – eat smart!



GO FOODS

Eat mostly GO foods



Fruit & vegetables
(w/o 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

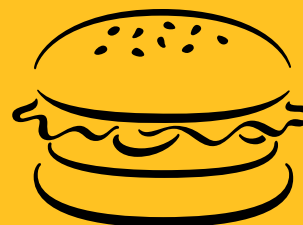
Animal crackers

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
Processed cheese
Ice cream