



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## COMMON GO SLOW WHOA FOODS

		GO	SLOW	WHOA
<b>Vegetables</b>	Vegetables	<ul style="list-style-type: none"> <li>Fresh, frozen or canned vegetables with no salt, sugar or fat added</li> </ul>	<ul style="list-style-type: none"> <li>Fresh, frozen or canned vegetables prepared with vegetable oil</li> <li>Vegetables with salt or sugar added</li> <li>Baked potato products</li> </ul>	<ul style="list-style-type: none"> <li>Fresh, frozen or canned vegetables made with solid fats</li> <li>Fried battered vegetables</li> <li>Fried potato products</li> </ul>
	Vegetable Juice	<ul style="list-style-type: none"> <li>100% low-sodium vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>100% vegetable juice</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in heavy syrup</li> </ul>
<b>Fruits</b>	Fruits	<ul style="list-style-type: none"> <li>Fresh, frozen or canned fruits with no sugar or syrups added</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in light syrup</li> <li>Fruits with sugar and/or salt added</li> </ul>	<ul style="list-style-type: none"> <li>Fruits canned in heavy syrup</li> <li>vegetables made with solid fats</li> </ul>
	Fruit Juice	<ul style="list-style-type: none"> <li>100% fruit juice</li> <li>Frozen 100% fruit juice bars and smoothies</li> </ul>	<ul style="list-style-type: none"> <li>Sherbet, Sorbet</li> <li>Frozen 100% fruit juice bars and smoothies with added sugar</li> </ul>	
	Dried Fruit	<ul style="list-style-type: none"> <li>Dried fruit with no added sugar</li> <li>100% fruit strips</li> </ul>	<ul style="list-style-type: none"> <li>Dried fruit with added sugar</li> <li>Fruit strips with added sugar</li> </ul>	<ul style="list-style-type: none"> <li>Fruit roll-ups fruit strips</li> </ul>
<b>Grains</b>	Breads	<ul style="list-style-type: none"> <li>Whole-grain bread, buns, rolls, bagels, tortillas, and pita bread</li> </ul>	<ul style="list-style-type: none"> <li>White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread</li> </ul>	<ul style="list-style-type: none"> <li>Croissants</li> <li>Biscuits</li> <li>Sweet rolls</li> <li>Doughnuts</li> </ul>
	Pasta	<ul style="list-style-type: none"> <li>Pasta made with whole-grains</li> </ul>	<ul style="list-style-type: none"> <li>Pasta made with refined flour</li> <li>Egg noodles</li> </ul>	<ul style="list-style-type: none"> <li>Instant noodle soups</li> <li>Ramen noodles</li> </ul>
	Rice & Grains	<ul style="list-style-type: none"> <li>Brown rice</li> <li>Wild rice</li> <li>Whole grains/wheat</li> </ul>	<ul style="list-style-type: none"> <li>White rice</li> <li>Rice cakes</li> </ul>	<ul style="list-style-type: none"> <li>Fried rice</li> </ul>
	Cereals	<ul style="list-style-type: none"> <li>Whole grain, low sugar cereals</li> </ul>	<ul style="list-style-type: none"> <li>Low sugar cereals made with refined grains</li> <li>Instant oatmeal</li> </ul>	<ul style="list-style-type: none"> <li>High sugar cereals and granola bars made with refined grains</li> </ul>
	Crackers	<ul style="list-style-type: none"> <li>Low fat whole-grain crackers</li> </ul>	<ul style="list-style-type: none"> <li>Low fat crackers made with refined grains</li> </ul>	<ul style="list-style-type: none"> <li>High fat crackers</li> </ul>
	Chips	<ul style="list-style-type: none"> <li>Baked tortilla chips</li> </ul>	<ul style="list-style-type: none"> <li>Tortilla chips</li> <li>Baked potato chips</li> <li>Pretzels</li> </ul>	<ul style="list-style-type: none"> <li>Potato chips</li> <li>Cheese puffs</li> </ul>
	Cookies/Cake	<ul style="list-style-type: none"> <li>Whole-grain animal crackers</li> </ul>	<ul style="list-style-type: none"> <li>Animal crackers made with refined flour</li> <li>Vanilla wafers</li> <li>Cereal/fruit bars</li> </ul>	<ul style="list-style-type: none"> <li>Cookies</li> <li>Cakes</li> </ul>



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## GO SLOW WHOA FOODS Continued

		GO	SLOW	WHOA
<b>Milk/Dairy</b>	Milk	<ul style="list-style-type: none"> <li>• Fat-free (skim/non-fat) milk</li> <li>• 1% (low-fat) milk</li> <li>• Unsweetened, fortified soy, almond, and rice milk</li> </ul>	<ul style="list-style-type: none"> <li>• 2% (reduced-fat) milk</li> <li>• Flavored fat-free (skim/non-fat) or 1% milk</li> <li>• Sweetened, fortified soy, almond, and rice milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk (plain or flavored)</li> <li>• Flavored 2% (reduced-fat) milk</li> <li>• Milkshakes</li> </ul>
	Cheese	<ul style="list-style-type: none"> <li>• Part-skim natural cheese</li> <li>• Low-fat string cheese</li> <li>• Low-fat (1%) cottage cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 2% (reduced-fat) milk</li> <li>• Flavored fat-free (skim/non-fat) or 1% milk</li> <li>• Sweetened, fortified soy, almond, and rice milk</li> </ul>	<ul style="list-style-type: none"> <li>• Whole milk (plain or flavored)</li> <li>• Flavored 2% (reduced-fat) milk</li> <li>• Milkshakes</li> </ul>
	Ice Cream		<ul style="list-style-type: none"> <li>• Non-fat or low-fat frozen yogurt</li> </ul>	<ul style="list-style-type: none"> <li>• Ice cream</li> <li>• Gelato</li> </ul>
<b>Proteins</b>	Dried Beans and Peas	<ul style="list-style-type: none"> <li>• Beans with no salt or fat added</li> </ul>	<ul style="list-style-type: none"> <li>• Beans, peas, and lentils made with vegetable oils or salt and/or sugar added</li> <li>• Refried beans</li> <li>• Hummus</li> <li>• Falafel</li> </ul>	<ul style="list-style-type: none"> <li>• Beans, peas, and lentils made with solid fats</li> <li>• Baked beans, canned</li> <li>• Pork &amp; beans, canned</li> </ul>
	Eggs	<ul style="list-style-type: none"> <li>• Whole eggs</li> <li>• Egg whites</li> <li>• Egg substitute</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs fried in vegetable oil</li> </ul>	<ul style="list-style-type: none"> <li>• Eggs fried in solid fats</li> </ul>
	Fish	<ul style="list-style-type: none"> <li>• Fish and shellfish – baked, grilled or broiled</li> <li>• Tuna canned in water</li> </ul>	<ul style="list-style-type: none"> <li>• Baked breaded fish, shellfish, and fish sticks</li> <li>• Tuna canned in oil</li> </ul>	<ul style="list-style-type: none"> <li>• Fried fish, shellfish, and fish sticks</li> </ul>
	Poultry	<ul style="list-style-type: none"> <li>• Chicken and turkey without skin (baked, grilled, or broiled)</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and turkey with skin (baked, grilled, or broiled)</li> <li>• Baked chicken nuggets</li> <li>• Ground chicken and turkey</li> </ul>	<ul style="list-style-type: none"> <li>• Fried chicken</li> <li>• Fried chicken nuggets</li> </ul>
	Beef/Pork	<ul style="list-style-type: none"> <li>• Lean cuts of beef or pork</li> <li>• Extra-lean ground beef</li> </ul>	<ul style="list-style-type: none"> <li>• Lean ground beef or ham</li> <li>• Canadian bacon</li> <li>• Lean or low-fat hamburgers</li> <li>• Regular cuts of beef or pork</li> </ul>	<ul style="list-style-type: none"> <li>• Regular ground beef</li> <li>• Regular hamburgers</li> <li>• Ribs</li> <li>• Bacon</li> <li>• Ham hocks</li> <li>• Pork skins</li> </ul>
	<b>Beverages</b>	Beverages	<ul style="list-style-type: none"> <li>• Water</li> <li>• Sparkling water</li> <li>• Decaffeinated tea</li> </ul>	<ul style="list-style-type: none"> <li>• Unsweetened tea</li> </ul>