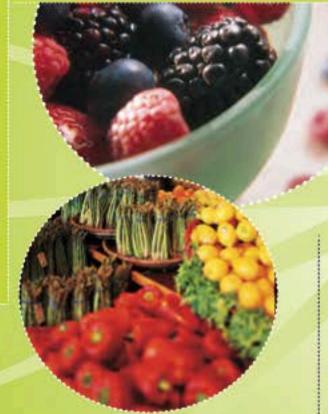
stay healthy – eat smart!

GOODS

Eat mostly GO foods!





Fruit & vegetables (no 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 American cheese Ice cream







