



New Impact

Go, Slow and Whoa Foods

GO FOODS: Eat every day; should be included in all meals and most snacks

SLOW FOODS: Eat sometimes; 1 time each day or several times each week

WHOA FOODS: Eat only once in a while or for special treats: 2-3 servings per week

FOOD GROUP	GO	SLOW	WHOA
BEVERAGES	Water, flavored calorie-free water; skim, ½% or 1% milk; unsweetened tea, diet lemonade	2% milk, 100% fruit juice, sports drinks (use only when being physically active and sweating for over a half hour), diet soda	Whole milk, regular soda, sweet tea, fruit drinks, regular lemonade
VEGETABLES	Fresh, frozen and canned (low sodium) veggies, without added fat or sauces	Veggies with added fat or sauces	Deep-fried veggies (onion rings, fried potatoes/French fries, fried okra, etc.)
FRUITS	Fresh, frozen and canned fruit (in water or in natural juice without added sugar)	Canned fruit in “light” syrup, dried fruit	Fruit canned in heavy syrup
BREADS/CEREALS/ GRAINS	Whole-grain breads (including pita and tortillas), whole-grain pasta, brown rice, low-sugar whole-grain cereals (<10 g per 1 cup), whole-grain crackers, oatmeal	White breads (sliced bread, bagels, rolls, etc.); white pasta and rice; taco shells, biscuits, waffles and pancakes	Biscuits with trans fat, croissants, muffins, donuts, sweet rolls, sugary cereals (>10 g sugar per 1 cup), cookies
MILK/DAIRY PRODUCTS	Skim, ½% or 1% fat milk; fat-free yogurt; low-fat or fat-free cottage cheese and cream cheese	2% milk, “reduced fat” cheeses made with 2% milk, sweetened low-fat yogurts	Whole milk; full-fat cheese, cream cheese and cottage cheese; whole-milk yogurt; ice cream
MEATS, POULTRY, FISH, EGGS, BEANS, NUTS AND ALTERNATIVE PROTEINS	Ground 100% turkey breast, extra-lean ground beef (95/5), chicken without skin, water-packed tuna, wild salmon, baked/broiled/grilled fish and shellfish, beans, egg whites, veggie “meats,” tofu, deli meats low in sodium (<300 mg sodium per serving)	Lean ground beef (90/10), ground turkey, ham, chicken with skin, low-fat hot dogs, tuna canned in oil, peanut butter, nuts, whole eggs, low-fat deli meats containing more than 300 mg sodium per serving, turkey substitutions	Regular ground beef (80/20), ribs, bacon, fried chicken, chicken nuggets, fried fish, fish sticks, regular hot dogs, pepperoni, sausage, jerky, potted meats

continued

FOOD GROUP	GO	SLOW	WHOA
SWEETS AND SNACKS	Sugar-free Popsicles, no-sugar-added low-fat/fat-free frozen yogurt or ice cream, sugar-free Jello, sugar-free pudding, low-fat/low-sodium microwave popcorn, rice cakes, whole-grain granola bars (<10 g sugar). See snack list.	Low-fat frozen yogurt, frozen fruit juice bars, fig bars, baked chips, ginger snaps, pretzels, Chex mix (low-fat flavors) See snack list.	Cookies, cakes, pies, cheesecake, ice cream, chocolate, candy, regular potato chips, pork rinds, buttered microwave popcorn
FATS/CONDIMENTS	Vinegar, ketchup, mustard, fat-free creamy salad dressing, fat-free mayo, fat-free sour cream, olive oil (in small amounts)	Vegetable oil, oil-based salad dressing, trans-free soft margarine, low-fat/light creamy salad dressings, low-fat/light mayo, low-fat sour cream	Butter, stick margarine, lard, salt pork, gravy, regular creamy salad dressing, mayonnaise, sour cream, cheese sauce, cream sauce, creamy dips

Adapted from the "WE CAN" website.

<http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/go-slow-whoa.pdf>

Healthy Snacks

- Half of a turkey or peanut butter and fruit spread sandwich
- Sliced apple dipped in low-fat, no-sugar-added vanilla yogurt
- Peanut butter on a few whole-grain crackers or graham crackers
- Hummus with pita triangles
- Fresh fruit with a string cheese stick
- Small dish of trail mix made with dried fruit and nuts or seeds
- One half of a small bagel with reduced-fat cream cheese
- Slice of toast with almond butter and honey
- Hardboiled egg with a few crackers
- Piece of fresh fruit or an unsweetened fruit cup with a handful of almonds, cashews or mixed nuts
- Cottage cheese with raw veggies or with sliced fruit
- English muffin "pizza": top an English muffin with spaghetti sauce and shredded part-skim mozzarella cheese and bake in toaster oven until cheese is melted
- Bowl of cereal (<10 grams of sugar per serving) with skim or low-fat milk
- Smoothie: blend together low-fat vanilla yogurt, frozen fruit and banana; add skim or low-fat milk until desired consistency is achieved
- One serving of tortilla chips (made without hydrogenated oils) served with bean dip
- Granola bar (having < 10 grams of sugar) with skim or low-fat milk
- Deli sliced turkey or lean, low-sodium ham with whole-grain crackers
- Bowl of vegetable soup (reduced sodium) with a string cheese stick
- Celery sticks with peanut butter
- Two large rice cakes with one ounce of low-fat cheese