

GO, SLOW, and WHOA Foods

Use this chart as a tool to make healthy dietary choices for you and your family. Please put it on your refrigerator at home or bring it to the store when you go shopping.

GO foods—Eat almost anytime.

SLOW foods—Eat sometimes or less often.

WHOA foods—Eat only once in a while or for special occasions.

Food Group	GO Almost anytime foods (Nutrient-dense foods)	SLOW Sometimes foods (Moderate nutrients/calories)	WHOA Once in a while foods (Calorie dense foods)
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat and sauces	All vegetables with added fat and sauces; oven-baked French fries; avocado	Fried potatoes, like French fries or hash browns; other deep-fried vegetables
Fruits	All fresh, frozen, canned in juice	100% fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, including pita bread; tortillas and whole-grain pasta; brown rice; hot and cold unsweetened whole-grain breakfast cereals	White refined flour bread, rice, and pasta; French toast; taco shells; cornbread; biscuits; granola; waffles and pancakes	Croissants; muffins; doughnuts; sweet rolls; crackers made with trans fats; calorically sweetened breakfast cereals
Milk and Milk Products	Fat-free or 1% low-fat milk; fat-free or low-fat yogurt; part skim, reduced-fat, and fat-free cheese; low-fat or fat-free cottage cheese	2% low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, or cream cheese; whole-milk yogurt
Meats, Poultry, Fish, Eggs, Beans, and Nuts	Trimmed beef and pork; extra-lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, or grilled fish and shellfish; beans, split peas, lentils, tofu; egg whites and egg substitutes	Lean ground beef; broiled hamburgers; ham, Canadian bacon; chicken and turkey with skin; low-fat hot dogs; tuna canned in oil; peanut butter; nuts; whole eggs cooked without added fat	Untrimmed beef and pork; regular ground beef; fried hamburgers; ribs; bacon; fried chicken, chicken nuggets; hot dogs, lunch meats, pepperoni, sausage; fried fish and shellfish; whole eggs cooked with fat
Sweets and Snacks*		Ice milk bars; frozen fruit juice bars; low-fat or fat-free frozen yogurt and ice-cream; fig bars, ginger snaps, baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheesecake; ice cream; chocolate; candy; chips; buttered microwave popcorn

* Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited, in order to stay within one's daily calorie needs.



Food Group	GO Almost anytime foods (Nutrient-dense foods)	SLOW Sometimes foods (Moderate nutrients/calories)	WHOA Once in a while foods (Calorie dense foods)
Fats/ Condiments	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream	Vegetable oil,** olive oil, and oil-based salad dressing; soft margarine; low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream	Butter, stick margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
Beverages	Water, fat-free milk or 1% low-fat milk; diet soda; unsweetened iced tea or diet iced tea and lemonade	2% low-fat milk; 100% fruit juice; sports drinks	Whole milk; regular soda; calorically sweetened iced teas and lemonade; fruit drinks with less than 100% fruit juice

** Vegetable and olive oils contain no saturated or *trans* fats and can be consumed daily, but in limited portions to meet daily calorie needs.

How you choose to prepare or order your food when eating out can quickly turn a less healthy food into a healthier option. Choosing baked, broiled, steamed, grilled, and microwaved foods saves you from extra fat and calories. See the examples below on how similar foods can go from a GO to a SLOW or a WHOA food.

	GO (eat almost anytime)	Calories	SLOW (eat sometimes or less often)	Calories	WHOA (eat once in a while)	Calories
Fruit	Apple, 1 medium	72	Baked apple, 1 cup slices, with 1 Tbsp. butter	193	Apple pie, 1/8 of 9-inch pie	296
Bread	1/2 whole-wheat bagel (3 1/2 inch)	91	1/2 plain bagel (3 1/2 inch) with 1 Tbsp. jelly	147	1/2 plain bagel (3 1/2 inch) with 1 Tbsp. butter and jelly	249
Meat	Roasted chicken breast without skin, 1/2 breast	142	Roasted chicken breast with skin, 1/2 breast	193	Fried chicken, 2 drumsticks	386

