



Use the chart to help you and your family make smart food choices. Post it on your refrigerator at home or take it to the store when you shop.

All foods can be eaten in moderation. You may eat a WHOA food every day. But, a healthy diet contains mostly GO foods, fewer number of SLOW foods, and even fewer WHOA foods. The portion size of food is the key. Some GO and SLOW foods can become WHOA foods if eaten in large portions. Check out www.choosemyplate.gov for more information.

Food Group	GO (Almost Anytime Foods)	SLOW (Sometimes Foods)	WHOA (Once in a While Foods)
	Nutrient-Dense		Calorie-Dense
Fruits and Vegetables	All fresh, frozen or canned fruits and vegetables without added sugar or fat, 100% Juice; 100% fruit juice bars/smoothies; dried fruit (such as raisins, figs, dates, apricots, plums); 100% fruit leather	Vegetables with added oil, butter, margarine, or low-fat cheese sauce Baked French fries and hash browns Stir-fried vegetables, garden veggie burger; fruits canned in light syrup; fruits with added sugar; frozen fruit juice bars and smoothies with added sugar	Fried battered vegetables; Fried potatoes; fried French fries; fried hash browns; potato rounds; fruits canned in heavy syrup
Bread/Cereals Pasta and Rice Crackers Chips Cookies/Cake	Whole-grain bread, buns, rolls, bagels, tortillas, pita bread, corn tortillas; whole-grain pasta; brown rice; whole-grain, low-sugar cereals, hot and cold (e.g., toasted oats, shredded wheat, oatmeal, muesli); cracked wheat	White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread; cornbread; low-fat muffins; waffles; pancakes; French toast; pasta made with refined flour; egg noodles; white rice; instant oatmeal; low-sugar cereals made with refined grains	Croissants/ biscuits; sweet rolls; doughnuts; high-fat muffins; instant higher-fat noodle soups; high-sugar cereals made with refined grains—hot and cold;
Milk and Milk Products Cheese	Fat-free or 1 percent low-fat milk; fat-free or low-fat yogurt; fat-free soy milk; non-fat dry milk; fortified rice milk 1 and 2% and whole cottage cheese; nonfat cream cheese; natural low-fat cheese	2 % low-fat milk; 2% soy milk; flavored fat-free (skim/non-fat) or 1% milk; flavored fat-free or 1% soy milk; Part skim and whole ricotta cheese; low-fat American cheese, cream cheese; string cheese; Swiss cheese	Whole milk(plain or flavored); flavored 2% (reduced-fat) milk; flavored 2% soy milk; milkshakes; whole milk yogurt and yogurt drinks <i>American, Colby, cheddar and regular cream cheese; cheese sauce</i>
Snacks and Beverages	SNACKS: All fresh, frozen or canned fruits and vegetables without added sugar or fat; Low-fat whole-grain crackers; baked tortilla chips; whole grain animal crackers; graham crackers; BEVERAGES: Water; fat-free milk, or 1 % low -fat milk; unsweetened ice tea	Frozen fruit juice bars and smoothies with added sugar; dried fruit with added sugar; fruit leather with added sugar; sherbet, sorbet; low-fat crackers made with refined grains; tortilla chips; baked potato chips; pretzels; animal crackers made with refined flour; vanilla wafers; low-fat cookies; cereal/fruit bars; low-fat cakes; rice cakes; low-fat granola; fat-free or low- fat yogurt drinks with sugar added*	SNACKS: Regular granola; high-fat crackers; regular potato chips; other chips (e.g., cheese puffs, corn chips; high-fat, high-sugar cookies and cakes BEVERAGES: regular soda; whole milk; sweetened ice teas and lemonade; fruit drinks with less than 100% juice
Eggs, Fish, Poultry, Meat	Whole egg; egg whites; egg substitute; fish and shellfish—baked, grilled or broiled; tuna canned in water; chicken and turkey without skin (baked, grilled, broiled); lean cuts of beef (round, sirloin and tenderloin roast and steak); 85%-95% lean ground beef; cooked ground beef that has been drained and rinsed; lean cuts of pork(tenderloin, pork chops without fat; low-fat or non-fat luncheon meats(chicken, turkey, ham); venison	Eggs fried in vegetable oil; baked breaded fish, shellfish, and baked fish sticks; tuna canned in oil; chicken and turkey with skin(baked, grilled, or broiled);breaded baked chicken and turkey; baked chicken nuggets; lean ground chicken and turkey; 70%-80% lean ground beef; Lean ham; Canadian bacon; regular luncheon meats (chicken, turkey, ham);low-fat hot dogs; turkey or chicken sausage; turkey pepperoni	Eggs fried in butter, lard, margarine, bacon grease, or salt pork; fried fish, fish sticks and shellfish; fried chicken; fried chicken nuggets; regular cuts of beef (e.g. brisket, chuck roast); regular ground beef; hamburgers more than 70% fat; ribs; higher fat cuts of pork (e.g., pork roast, shoulder, ham ribs; bacon; ham hock; pork skins); hot dogs; pepperoni; sausage; beef jerky; bologna; salami; chorizo; pastrami
Dried Beans and Peas Nuts and Seeds	Pinto, black, red beans without bacon or ham; fat-free refried beans; black-eyed and split peas; garbanzo beans; lentils; hummus; tofu; peanuts; almonds; pecans; walnuts; cashews; pistachios; pumpkin seeds; sunflower seeds; natural peanut butter and other nut butters	Beans with bacon or ham; pork and beans; baked beans; refried beans; falafel Peanut butter and other nut butters with added sugar and fat	
Fats/Condiments	Vinegar; ketchup; mustard; fat-free salad dressing; fat-free mayonnaise; fat-free sour cream	Fat-free / low fat gravy; Vegetable and olive oil, and oil-based salad dressing; soft margarine; low-fat salad dressing and mayonnaise; low-fat sour cream**	Butter, stick margarine; lard; salt pork; gravy; regular salad dressing; cream cheese dips; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce

*Though some of the foods in this row are lower in fat and calories, all sweets and snacks need to be limited so as not to exceed one's daily calorie requirement.

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

The GO-SLOW-WHOA model reinforces the USDA School Meals Initiative for Healthy Children. Food criteria were determined based upon meeting the USDA school meal pattern weekly nutrient/food requirements and the USDA Dietary Guidelines for Americans. Visit the Adams 12 Nutrition Services website at

<http://www.adams12.org/go-slow-whoa> to view the specific criteria.