

# GO, SLOW, WHOA Foods

Use this chart as a guide to help you and your family make smart food choices.

FOOD GROUP	Nutrient-Dense ←		→ Calorie-Dense
	<b>GO</b> Eat almost anytime, based on calorie needs*	<b>SLOW</b> Eat sometimes, at most several times a week	<b>WHOA</b> Eat only once in a while or on special occasions
<b>Vegetables</b>	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
<b>Fruits</b>	All fresh, frozen, canned (in juice)	100 percent fruit juice; fruits canned in light syrup; dried fruits	Fruits canned in heavy syrup
<b>Breads &amp; Cereals</b>	Whole-grain breads, pita bread, tortillas, and 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; sweetened breakfast cereals
<b>Milk &amp; Milk Products</b>	Fat-free or 1 percent reduced-fat milk; fat-free or low-fat yogurt; part-skim, reduced fat, and fat-free cheese; lowfat or fat-free cottage cheese	2 percent low-fat milk; processed cheese spread	Whole milk; full-fat American, cheddar, Colby, Swiss, cream cheese; whole-milk yogurt
<b>Meats, Poultry, Fish, Eggs, Beans, &amp; Nuts</b>	Trimmed beef and pork; extra lean ground beef; chicken and turkey without skin; tuna canned in water; baked, broiled, steamed, 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
<b>Sweets &amp; Snacks</b> <small>Limit these to keep within your daily calorie recommendation.*</small>		Ice milk bars; frozen fruit juice bars; low-fat frozen yogurt and ice cream; fig bars, ginger snaps; baked chips; low-fat microwave popcorn; pretzels	Cookies and cakes; pies; cheese cake; ice cream; chocolate; candy; chips; buttered microwave popcorn
<b>Fats</b>	Vinegar; ketchup; mustard; fat-free creamy salad dressing; fat-free mayonnaise; fat-free sour cream; vegetable oil, olive oil, and oil-based salad dressing*	Low-fat creamy salad dressing; low-fat mayonnaise; low-fat sour cream	Butter, margarine; lard; salt pork; gravy; regular creamy salad dressing; mayonnaise; tartar sauce; sour cream; cheese sauce; cream sauce; cream cheese dips
<b>Beverages</b>	Water, fat-free milk, or 1 percent reduced-fat milk; diet soda; diet iced teas and lemonade	2 percent low-fat milk; 100 percent fruit juice; sports drinks	Whole milk; regular soda; sweetened iced teas and lemonade; fruit drinks with less than 100 percent fruit juice

\*See [www.mypyramid.gov](http://www.mypyramid.gov)

Source: NHLBI of the NIH and USHHS



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