

# GO SLOW WHOA

## Grocery Guide

### Grains - GO

Whole grain pasta  
Whole grain rice  
Oatmeal or grits  
Whole-grain bread  
Whole-grain bagels or english muffins  
Whole-grain tortilla or pita  
Whole-grain crackers  
Air popped popcorn  
Whole-grain waffles/pancakes  
Graham crackers  
Whole-grain, low sugar cereals  
Low-fat granola

### Grains – SLOW

Regular (refined) pasta  
Regular (refined) rice  
Instant oatmeal  
White(refined) bread  
White (refined) bagels or English muffins  
Regular tortilla or pitas  
Low-fat crackers  
Low-fat popcorn  
Waffles / Pancakes / French toast  
Animal crackers  
Low sugar cereals with refined grains  
Tortilla chips / Baked chips / pretzels

### Grains – WHOA

Biscuits  
Fried rice  
Doughnuts / Sweet rolls  
Croissants  
Muffins  
Fried tortillas  
High-fat crackers  
Popcorn with butter or kettle corn  
Pop tarts or toaster pastries  
High fat, high sugar cookies and cake  
High sugar cereals made with refined grains  
Regular potato chips

### Vegetables – GO

Any fresh vegetables  
  
Any frozen vegetables without added sauce/butter  
Any canned vegetables without added sugar/sauce  
100% Vegetable Juice

### Vegetables - SLOW

Frozen vegetables with added sauce, low-fat butter or cheese sauce  
Pre-frozen baked french fries and hash browns

### Vegetables – WHOA

Fried, battered frozen vegetables  
  
Fried potatoes, fries and hash browns

### Fruit – GO

Any fresh fruit  
Any frozen fruit without added sugar or fat  
  
Canned fruits in fruit juice  
100% fruit juice  
100% fruit smoothies

### Fruit – SLOW

Dried Fruits  
Frozen fruit with added sugar  
  
Canned fruit in light syrup  
Frozen fruit juice bars  
Fruit smoothies with added sugar or Sherbet  
Fruit leather

### Fruit – WHOA

Fruit roll-ups  
Fruit juice with less than 100% fruit  
  
Canned fruit in heavy syrup

### Diary – GO

Low-fat(1%) /Fat-free milk  
Fortified low-fat soy/rice milk  
Non-fat dry milk  
Low-fat/Fat-free yogurt  
Fat-free/Part-skim Cheese  
Low-fat string cheese  
Low-fat/Fat-free cottage cheese or cream cheese  
Fat-free, sugar-free pudding

### Dairy – SLOW

Reduced-fat Milk (2%)  
Regular soy/rice milk  
Flavored low-fat milk  
Reduced fat yogurt  
Low-fat/Reduced-fat cheese  
Low-fat cheese sauce  
Reduced-fat cottage cheese or cream cheese  
  
Non-fat/Low-fat frozen yogurt or Ice cream  
Pudding made with low-fat milk

### Dairy – WHOA

Whole Milk  
Flavored reduced-fat milk  
Milkshakes  
Whole milk yogurt  
Whole milk cheese  
Cheese sauce  
Regular cottage cheese or cream cheese  
  
Ice cream / Frozen yogurt/ Gelato  
Pudding made with whole milk  
Cheesecake

### Meat and Beans – GO

Any beans without added bacon or ham  
Black-eyed peas, split peas, garbanzo beans, lentils  
Fat-free refried beans  
Hummus  
Tofu/Tempeh; vegetarian burgers

### Meat and Beans – SLOW

Beans with bacon, ham or added fat  
Baked beans  
  
Refried beans  
Falafel  
Peanut butter and other nut butters

### Meat and Beans – WHOA

Chocolate peanut butter

	Peanuts, almonds, pecans, walnuts, cashews, pistachios	
Egg whites or substitutes	Whole eggs not cooked in fat	Whole eggs cooked in fat
Fish and shellfish- baked, grilled or broil	Baked breaded fish, shellfish and fish sticks	Fried fish, shellfish and fish sticks
Canned tuna in water	Canned tuna in oil	
Chicken and turkey without skin	Chicken or turkey with skin and/or breaded	Fried chicken and fried chicken nuggets
Extra lean ground chicken or turkey	Lean ground chicken or turkey	
Lean cuts of beef – round roast, round steak, sirloin, tenderloin		Regular cuts of beef – brisket, T-bone, chuck roast
Extra lean ground beef	Lean ground beef	Regular ground beef
Lean cuts of pork- tenderloin, pork chops without fat	Lean ham	Cuts of pork – pork roaster, shoulder, ham
	Canadian bacon	Ribs, bacon, ham hock, pork skins
Low-fat lunch meats	Regular lunch meats	Bologna, salami, pastrami
Fat-free turkey/chicken dogs	Low-fat hot dogs	Regular hot dogs
Vegetarian sausage	Turkey or chicken sausage	Pepperoni; sausage
Venison	Buffalo	Beef jerky