



A Kid's Guide To Eating Right

Food Group	GO (Almost Anytime)	SLOW (Sometimes)	WHOA (Once in a While)
Vegetables	Almost all fresh, frozen, and canned vegetables without added fat (such as butter) or sauces	All vegetables in added fat and sauces Oven-baked fries Avocados	Any vegetable fried in oil, such as French fries or hash browns
Fruits	All fresh and frozen fruits Canned fruits packed in juice	100% fruit juice Fruits canned in light syrup Dried fruits	Fruits canned in heavy syrup
Breads and Cereals	Whole-grain breads, pitas, and tortillas Whole-grain pasta, brown rice Hot and cold unsweetened whole-grain breakfast cereals	White bread and pasta that's not whole grain Taco shells French toast, waffles, and pancakes Biscuits Granola	Doughnuts, muffins, croissants, and sweet rolls Sweetened breakfast cereals Crackers that have hydrogenated oils (trans fats)
Milk and Milk Products	Skim and 1% milk Fat-free and low-fat yogurt Part-skim, reduced-fat, and fat-free cheese Low-fat and fat-free cottage cheese	2% milk Processed cheese spreads	Whole milk Full-fat cheese Cream cheese Yogurt made from whole milk
Meats and Other Sources of Protein	Beef and pork that has been trimmed of its fat Extra-lean ground beef Chicken and turkey without skin Tuna canned in water Fish and shellfish that's been baked, broiled, steamed, or grilled Beans, split peas, and lentils Tofu Egg whites and substitutes	Lean ground beef Broiled hamburgers Chicken and turkey with the skin Tuna canned in oil Ham Low-fat hot dogs Canadian bacon Peanut butter Nuts Whole eggs cooked without added fat	Beef and pork that hasn't been trimmed of its fat Fried hamburgers Fried chicken Bacon Fried fish and shellfish Chicken nuggets Hot dogs Lunch meats Pepperoni Sausage Ribs Whole eggs cooked with added fat

Sweets and Snacks*		Ice milk bars	Cookies, cakes, and pies
		Frozen fruit-juice bars	Cheesecake
		Low-fat frozen yogurt	Ice cream
		Low-fat ice cream	Chocolate candy
		Fig bars	Chips
		Ginger snaps	
		Baked chips	
		Low-fat microwave popcorn	Buttered microwave popcorn
		Pretzels	
Butter, Ketchup, and Other Stuff That Goes on Food	Ketchup	Vegetable oil**	Butter
	Mustard	Olive oil**	Stick margarine
	Fat-free creamy salad dressing	Oil-based salad dressing**	Lard
	Fat-free mayonnaise	Low-fat creamy salad dressing	Salt pork
	Fat-free sour cream	Low-fat mayonnaise	Gravy
		Low-fat sour cream	Regular creamy salad dressing
			Mayonnaise
	Vinegar		Tartar sauce
		Soft margarine	Sour cream
		Cheese sauce	
		Cream sauce	
		Cream cheese dips	
Drinks	Water	2% milk	Whole milk
	Fat-free and 1% milk	100% fruit juice	Regular soda
	Diet soda		Sweetened iced teas and lemonade
	Diet and unsweetened iced teas and lemonade	Sports drinks	Fruit drinks with less than 100% fruit juice

Now that you know the difference between Go, Slow, and Whoa foods, you can smart choices for healthy eating!