

Lesson 2 ♥ Transparency 2A

VEGETABLES

	GO	SLOW	WHOA
Vegetables	<ul style="list-style-type: none"> Fresh, frozen, or canned vegetables with no salt, sugar, or fat added, or with a small amount of salt* added 	<ul style="list-style-type: none"> Fresh, frozen, or canned vegetables made with vegetable oils Vegetables with salt and/or sugar added Baked french fries and hash browns 	<ul style="list-style-type: none"> Fresh, frozen, or canned vegetables made with solid fats Fried battered vegetables Fried potatoes, fried french fries, fried hash browns
Vegetable Juice	<ul style="list-style-type: none"> 100% low-sodium vegetable juice 	<ul style="list-style-type: none"> 100% vegetable juice 	

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of vegetables: asparagus, avocado, bean sprouts, beets, bok choy, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chayote, collard greens, corn, cucumbers, eggplant, garlic, green beans, jicama, kale, lettuce, mushrooms, mustard greens, nopalitos, okra, onions, parsnip, peas, peppers (such as bell, jalapeno, poblano, etc.), potatoes, pumpkin, sweet potatoes, spinach, squash, taro root, tomatillos, tomatoes, turnip greens, turnips, yucca (cassava or manioc), zucchini

FRUITS

	GO	SLOW	WHOA
Fruits	<ul style="list-style-type: none"> Fresh, frozen, or canned fruits with no sugar or salt added, or with a small amount of salt* added 	<ul style="list-style-type: none"> Fruits canned in light syrup Fruits with sugar and/or salt added 	<ul style="list-style-type: none"> Fruits canned in heavy syrup
Fruit Juice	<ul style="list-style-type: none"> 100% fruit juice Frozen 100% fruit juice bars and smoothies 	<ul style="list-style-type: none"> Sherbet, sorbet Frozen fruit juice bars and smoothies with added sugar 	
Dried Fruit/ Fruit Leather	<ul style="list-style-type: none"> Dried fruit (such as raisins, figs, dates, apricots, plums) 100% fruit leather 	<ul style="list-style-type: none"> Dried fruit with added sugar Fruit leather with added sugar 	<ul style="list-style-type: none"> Fruit roll-ups

* Less than 200 mg of sodium (about one pinch of salt) per cup

Examples of fruits: apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, figs, grapefruit, grapes, honeydew melons, kiwi, kumquats, lemons, limes, mangos, nectarines, oranges, papaya, peaches, pears, persimmons, pineapple, plums, pomegranate, star fruits, strawberries, tangerines, watermelon

Lesson 2 ♥ Transparency 2B

GRAINS

	GO	SLOW	WHOA
Breads/Muffins/ Sweet Breads	<ul style="list-style-type: none"> • Whole-grain bread, buns, rolls, bagels, tortillas, and pita bread • Corn tortillas 	<ul style="list-style-type: none"> • White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread • Cornbread • Muffins, waffles, pancakes, and French toast made with vegetable oils 	<ul style="list-style-type: none"> • Croissants • Biscuits • Sweet rolls • Doughnuts • Muffins, waffles, pancakes, and French toast made with solid fats
Pasta	<ul style="list-style-type: none"> • Pasta made with whole-grain flour 	<ul style="list-style-type: none"> • Pasta made with refined flour • Egg noodles 	<ul style="list-style-type: none"> • Instant higher-fat noodle soups
Rice and Grains	<ul style="list-style-type: none"> • Brown rice • Wild rice • Whole grains (amaranth, barley, buckwheat, corn, whole cornmeal, millet, oats, quinoa, rye, sorghum, teff, triticale) • Whole wheat (spelt, durum, farro [emmer], cracked wheat, wheat berries, bulgur) 	<ul style="list-style-type: none"> • White rice • Rice cakes 	<ul style="list-style-type: none"> • Fried rice
Cereals	<ul style="list-style-type: none"> • Whole-grain, low-sugar cereals (such as toasted oats, shredded wheat, oatmeal, muesli) 	<ul style="list-style-type: none"> • Low-sugar cereals made with refined grains • Granola made with vegetable oils • Instant oatmeal 	<ul style="list-style-type: none"> • High-sugar cereals made with refined grains • Granola made with solid fats
Crackers	<ul style="list-style-type: none"> • Low-fat whole-grain crackers 	<ul style="list-style-type: none"> • Low-fat crackers made with refined grains 	<ul style="list-style-type: none"> • High-fat crackers
Chips	<ul style="list-style-type: none"> • Baked tortilla chips 	<ul style="list-style-type: none"> • Tortilla chips • Baked potato chips • Pretzels 	<ul style="list-style-type: none"> • Potato chips • Other chips (such as cheese puffs, corn chips)
Cookies/Cakes	<ul style="list-style-type: none"> • Whole-grain animal crackers • Graham crackers 	<ul style="list-style-type: none"> • Animal crackers made with refined flour • Vanilla wafers • Cereal/fruit bars 	<ul style="list-style-type: none"> • Cookies • Cakes
Popcorn	<ul style="list-style-type: none"> • Air-popped popcorn with no salt added 	<ul style="list-style-type: none"> • Popcorn made with vegetable oils and/or salt 	<ul style="list-style-type: none"> • Popcorn made with solid fats • Flavored popcorn (such as caramel, cheese) • Kettle corn

Lesson 2 ♥ Transparency 2C

MILK AND DAIRY FOODS

	GO	SLOW	WHOA
Milk	<ul style="list-style-type: none"> • Fat-free (skim/non-fat) milk • 1% (low-fat) milk • Fortified soy, almond, and rice milk – unsweetened • Non-fat dry milk 	<ul style="list-style-type: none"> • 2% (reduced-fat) milk • Flavored fat-free (skim/non-fat) or 1% milk • Fortified soy, almond, and rice milk – sweetened 	<ul style="list-style-type: none"> • Whole milk (plain or flavored) • Flavored 2% (reduced-fat) milk • Milkshakes
Yogurt	<ul style="list-style-type: none"> • Fat-free or low-fat plain or 100% fruit juice-sweetened yogurt • Fat-free or low-fat yogurt drinks – unsweetened 	<ul style="list-style-type: none"> • Fat-free or low-fat yogurt – sweetened • Fat-free or low-fat yogurt drinks – sweetened 	<ul style="list-style-type: none"> • Whole-milk yogurt • Whole-milk yogurt drinks
Cheese	<ul style="list-style-type: none"> • Part-skim natural cheese • Low-fat string cheese • Low-fat (1%) cottage cheese • Low-fat soy cheese 	<ul style="list-style-type: none"> • Natural cheeses (such as Colby, cheddar, Swiss) • Cottage cheese (2% or reduced-fat) • Ricotta cheese (part-skim) • Low-fat cheese sauce • Low-fat processed cheese • Soy cheese • Low-fat cream cheese • String cheese 	<ul style="list-style-type: none"> • Processed cheese • Powdered cheese sauce mix • Cream cheese • Cheese sauce • Ricotta cheese (whole-milk) • Cottage cheese (whole-milk)
Sour Cream		<ul style="list-style-type: none"> • Low-fat sour cream 	<ul style="list-style-type: none"> • Sour cream
Dairy Desserts		<ul style="list-style-type: none"> • Non-fat or low-fat frozen yogurt • Low-fat ice cream • Pudding made with skim or 1% milk 	<ul style="list-style-type: none"> • Ice cream • Pudding made with 2% or whole milk • Cheesecake • Frozen yogurt • Gelato

Lesson 2 ♥ Transparency 2D

MEAT, BEANS, AND EGGS

	GO	SLOW	WHOA
Dried Beans and Peas	<ul style="list-style-type: none"> • Beans (such as pinto, black, red, garbanzo), peas (such as black-eyed, split, purple hull), and lentils – with no salt or fat added, or with a small amount of salt* added 	<ul style="list-style-type: none"> • Beans, peas, and lentils made with vegetable oils • Refried beans • Beans, peas, and lentils with salt and/or sugar added • Hummus • Falafel 	<ul style="list-style-type: none"> • Beans, peas, and lentils made with solid fats • Baked beans, canned • Pork and beans, canned
Nuts and Seeds	<ul style="list-style-type: none"> • Pumpkin and sunflower seeds with no added salt, sugar, or fat 	<ul style="list-style-type: none"> • Pumpkin and sunflower seeds with added salt, sugar, and/or fat • Peanuts, almonds, pecans, walnuts, cashews, and pistachios with no added salt, sugar, or fat • Natural peanut butter and other nut butters 	<ul style="list-style-type: none"> • Peanuts, almonds, pecans, walnuts, and pistachios with added salt, sugar, and/or fat • Peanut butter and other nut butters with added salt, sugar, and/or fat
Eggs	<ul style="list-style-type: none"> • Whole eggs • Egg whites • Egg substitute 	<ul style="list-style-type: none"> • Eggs fried in vegetable oil 	<ul style="list-style-type: none"> • Eggs fried in solid fats
Fish	<ul style="list-style-type: none"> • Fish and shellfish – baked, grilled or broiled (such as salmon, catfish, shrimp, crab, lobster) • Tuna canned in water 	<ul style="list-style-type: none"> • Baked breaded fish, shellfish, and fish sticks • Tuna canned in oil 	<ul style="list-style-type: none"> • Fried fish, shellfish, and fish sticks
Poultry	<ul style="list-style-type: none"> • Chicken and turkey without skin (baked, grilled, or broiled) 	<ul style="list-style-type: none"> • Chicken and turkey with skin (baked, grilled, or broiled) • Breaded baked chicken and turkey • Baked chicken nuggets • Ground chicken and turkey 	<ul style="list-style-type: none"> • Fried chicken • Fried chicken nuggets
Beef	<ul style="list-style-type: none"> • Lean cuts of beef (such as round roast, round steak, sirloin, tenderloin) • Extra-lean ground beef • Ground beef that has been drained and rinsed 	<ul style="list-style-type: none"> • Lean ground beef • Lean or low-fat hamburgers • Regular cuts of beef (such as brisket, T-bone, chuck roast) 	<ul style="list-style-type: none"> • Regular ground beef • Regular hamburgers • Ribs
Pork	<ul style="list-style-type: none"> • Lean cuts of pork (such as pork chops or tenderloin – without fat) 	<ul style="list-style-type: none"> • Lean ham • Canadian bacon • Regular cuts of pork (such as pork roast, shoulder, ham) 	<ul style="list-style-type: none"> • Ribs • Bacon • Ham hock • Pork skins
Other Protein Foods	<ul style="list-style-type: none"> • Tofu • Tempeh • Venison 	<ul style="list-style-type: none"> • “Veggie” burger • Processed plant-based meat substitutes 	
Processed Meat		<ul style="list-style-type: none"> • Luncheon meats (such as chicken, turkey, ham) • Low-fat hot dogs • Turkey or chicken sausage 	<ul style="list-style-type: none"> • Hot dogs • Pepperoni • Sausage • Beef jerky • Bologna • Salami • Chorizo • Pastrami

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Lesson 2 ♥ Transparency 2E

FATS

	GO	SLOW	WHOA
Fats	<ul style="list-style-type: none"> • Non-stick cooking spray 	<ul style="list-style-type: none"> • Vegetables oils (such as olive, canola, peanut, soybean, corn, cottonseed, safflower, or sunflower) 	<ul style="list-style-type: none"> • Solid fats (such as butter, margarine, shortening, lard, salt pork)
Foods Rich in Fats		<ul style="list-style-type: none"> • Gravy, sauces, mayonnaise, and salad dressing made with vegetable oils 	<ul style="list-style-type: none"> • Gravy, mayonnaise, sauces, and salad dressing made with solid fats

OTHER

	GO	SLOW	WHOA
Herbs and Spices	<ul style="list-style-type: none"> • Fresh spices (such as garlic and ginger) • Fresh or dried herbs (such as basil, rosemary, cilantro) • Seasonings without salt (such as garlic powder or onion powder) 		<ul style="list-style-type: none"> • Salt • Seasonings with salt or sodium • Monosodium glutamate (MSG)
Sugars/ Sweeteners/ Candy		<ul style="list-style-type: none"> • Reduced-sugar syrup • Artificial sweeteners 	<ul style="list-style-type: none"> • Sugar • Brown sugar • Chocolate candy • Candies • Sugar-sweetened gelatin • Honey • Molasses • Syrup • Agave nectar
Beverages	<ul style="list-style-type: none"> • Water • Sparkling water • Unsweetened decaffeinated tea 	<ul style="list-style-type: none"> • Unsweetened tea 	<ul style="list-style-type: none"> • Soft drinks (regular and diet) • Beverages with added sugar • Sweetened tea and tea drinks • Coffee drinks • Sports drinks • Fruit-flavored drinks • Fruit-juice drinks • Vitamin water • Energy drinks
Spreads/ Condiments	<ul style="list-style-type: none"> • Mustard • Butter flakes 	<ul style="list-style-type: none"> • Jam • Jelly • Olives • Ketchup 	<ul style="list-style-type: none"> • Pickles