

# GO-SLOW-WHOA List

## GRAINS

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

## VEGETABLES

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

\* 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, chard, chard, collard greens, corn, cucumbers, eggplant, garlic, green beans, jicama, kale, lettuce, mushrooms, mustard greens, nopalitos, okra, onions, parsnip, peas, peppers (such as bell, jalapeño, poblano, etc.), potatoes, pumpkin, sweet potatoes, spinach, squash, taro root, tomatillos, tomatoes, turnip greens, turnips, yuca (cassava or manioc), zucchini

## FRUITS

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

\* 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

# GO-SLOW-WHOA List

## OTHER

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

## MEAT, BEANS, AND EGGS (cont.)

|                     | GO   | SLOW   | WHOA   |
|---------------------|--|--|--|
| Pork                | <ul style="list-style-type: none"> <li>Lean cuts of pork (such as pork chops or tenderloin - without fat)</li> </ul> | <ul style="list-style-type: none"> <li>Lean ham</li> <li>Canadian bacon</li> <li>Regular cuts of pork (such as pork roast, shoulder, ham)</li> </ul>         | <ul style="list-style-type: none"> <li>Ribs</li> <li>Bacon</li> <li>Ham hock</li> <li>Pork skins</li> </ul>  |
| Other Protein Foods | <ul style="list-style-type: none"> <li>Tofu</li> <li>Tempeh</li> <li>Venison</li> </ul>                              | <ul style="list-style-type: none"> <li>"Veggie" burger</li> <li>Processed plant-based meat substitutes</li> </ul>  |  |
| Processed Meat      |  | <ul style="list-style-type: none"> <li>Luncheon meats (such as chicken, turkey, ham)</li> <li>Low-fat hot dogs</li> <li>Turkey or chicken sausage</li> </ul> | <ul style="list-style-type: none"> <li>Hot dogs</li> <li>Pepperoni</li> <li>Sausage</li> <li>Beef jerky</li> <li>Bologna</li> <li>Salami</li> <li>Chorizo</li> <li>Pastrami</li> </ul> |

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

## FATS

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

# GO-SLOW-WHOA List

## MEAT, BEANS, AND EGGS

|                      | GO   | SLOW  | WHOA   |
|----------------------|--|---|--|
| Dried Beans and Peas | <ul style="list-style-type: none"> <li>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</li> </ul> | <ul style="list-style-type: none"> <li>Beans, peas, and lentils made with vegetable oils</li> <li>Refried beans</li> <li>Beans, peas, and lentils with salt and/or sugar added</li> <li>Hummus</li> <li>Falafel</li> </ul>  | <ul style="list-style-type: none"> <li>Beans, peas, and lentils made with solid fats</li> <li>Baked beans, canned</li> <li>Pork and beans, canned</li> </ul>   |
| Nuts and Seeds       | <ul style="list-style-type: none"> <li>Pumpkin and sunflower seeds with no added salt, sugar, or fat</li> </ul>  | <ul style="list-style-type: none"> <li>Pumpkin and sunflower seeds with added salt, sugar, and/or fat</li> <li>Peanuts, almonds, pecans, walnuts, cashews, and pistachios with no added salt, sugar, or fat</li> <li>Natural peanut butter and other nut butters</li> </ul> | <ul style="list-style-type: none"> <li>Peanuts, almonds, pecans, walnuts, and pistachios with added salt, sugar, and/or fat</li> <li>Peanut butter and other nut butters with added salt, sugar, and/or fat</li> </ul> |
| Eggs                 | <ul style="list-style-type: none"> <li>Whole eggs</li> <li>Egg whites</li> <li>Egg Substitute</li> </ul>   | <ul style="list-style-type: none"> <li>Eggs fried in vegetable oil</li> </ul>   | <ul style="list-style-type: none"> <li>Eggs fried in solid fats</li> </ul>   |
| Fish                 | <ul style="list-style-type: none"> <li>Fish and shellfish – baked, grilled or broiled (such as salmon, catfish, shrimp, crab, lobster)</li> <li>Tuna canned in water</li> </ul>  | <ul style="list-style-type: none"> <li>Baked breaded fish, shellfish, and fish sticks</li> <li>Tuna canned in oil</li> </ul>  | <ul style="list-style-type: none"> <li>Fried fish, shellfish, and fish sticks</li> </ul>   |
| Poultry              | <ul style="list-style-type: none"> <li>Chicken and turkey without skin (baked, grilled, or broiled)</li> </ul>   | <ul style="list-style-type: none"> <li>Chicken and turkey with skin (baked, grilled, or broiled)</li> <li>Breaded baked chicken and turkey</li> <li>Baked chicken nuggets</li> <li>Ground chicken and turkey</li> </ul>   | <ul style="list-style-type: none"> <li>Fried chicken</li> <li>Fried chicken nuggets</li> </ul>   |
| Beef                 | <ul style="list-style-type: none"> <li>Lean cuts of beef (such as round roast, round steak, sirloin, tenderloin)</li> <li>Extra-lean ground beef</li> <li>Ground beef that has been drained and rinsed</li> </ul>            | <ul style="list-style-type: none"> <li>Lean ground beef</li> <li>Lean or low-fat ham burgers</li> <li>Regular cuts of beef (such as brisket, T-bone, chuck roast)</li> </ul>  | <ul style="list-style-type: none"> <li>Regular ground beef</li> <li>Regular hamburgers</li> <li>Ribs</li> </ul>  |

## MILK AND DAIRY FOODS

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

# Macronutrient Cheat Sheet

## Carbs

Fruits  
Cereals  
Flours  
Breads  
Honey  
Maple syrup  
Sugar  
Potatoes  
Rice  
Pasta  
Noodles  
Bran  
Oats  
Vegetables  
Cous cous

## Carbs + Protein

Beans  
Quinoa  
Sprouted-grains  
Peas  
Chickpeas  
Yoghurt  
Skim milk  
Kefir  
Jerky  
Edamame  
Yeast  
Tempeh  
Ice cream

## Protein

Chicken breast  
Low fat Cottage-cheese  
Turkey breast  
Egg whites  
Lean ground-beef  
Lean red meat  
Tuna  
Swordfish  
Shellfish  
Octopus  
Squid  
Shrimp  
White fish  
Cod  
Halibut  
Tilapia  
Seitan  
0% fat-Greek yoghurt  
Quark  
Whey protein

## Protein + Fats

Salmon  
Oily fish  
Eggs  
Cheese  
Cream  
Chia seeds  
Red meat  
Pork  
Lamb  
Duck  
Game meat  
Chicken thigh  
Turkey thigh  
Full fat-Yoghurt  
Whole milk  
Tofu  
Hemp seeds

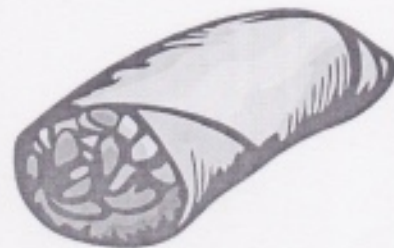
## Fats

Avocado  
Nuts  
Nut butters  
Flaxseeds  
Olives  
Pesto  
Oils  
Egg yolks  
Butter  
Ghee  
Coconut  
Chocolate

## SNACK RECIPE: Veggie Wrap

### INGREDIENTS:

- 1 large whole-wheat tortilla (approx. 10" in diameter)
- 1 Tablespoon low-fat spreadable cream cheese
- ½ cup spinach leaves
- ¼ cup avocado, peeled and sliced
- 2 Tablespoons shredded or finely chopped carrot
- 2 Tablespoons finely chopped fresh bell peppers (yellow, red, and/or green)



### UTENSILS, ETC.:

- Knife and cutting board
- Box grater, food processor, or peeler
- Measuring cups
- Tablespoon measuring spoon

### DIRECTIONS:

1. Wash the spinach, carrot, and bell peppers.
2. Shred the carrot using a box grater, food processor, or peeler.
3. Chop the bell peppers into small pieces.
4. Spread cream cheese over the entire tortilla to within ½ inch of the edge.
5. Arrange all the other ingredients on top of the cream cheese.
6. Roll up the tortilla as tightly as possible to enclose the filling without tearing the tortilla. Cut into thirds crosswise.

Serves: 1

### Alternative ingredients for the filling:

shredded cabbage, chopped cucumber,  
chopped arugula, bean sprouts, alfalfa sprouts,  
chopped mushrooms, fresh basil leaves

| Veggie Wraps              | Nutrient Amount |
|---------------------------|-----------------|
| Calories (kcal)           | 293             |
| Fat (g)                   | 9               |
| % kcal from fat           | 28%             |
| Saturated fat (g)         | 3               |
| % kcal from saturated fat | 9%              |
| Dietary fiber (g)         | 9               |
| Sugars (g)                | 2               |
| Sodium (mg)               | 411             |
| Protein (g)               | 10              |
| Vitamin A (RAE)           | 263             |
| Vitamin C (mg)            | 33              |
| Calcium (mg)              | 58              |
| Iron (mg)                 | 3               |

# YOUR MEAL PLAN

|       | BREAKFAST   | LUNCH   | DINNER   | SNACKS   | DAILY MACROS   |
|-------|---|---|--|--|--|
| DAY 1 | <br>PB + J Smoothie Bowl   | <br>Taco Salad           | <br>Zoodles with Meat Sauce   | <br>Apple + Nut Butter<br>Plantain Chips + Salsa   | Calories: 1978<br>Fat: 113<br>Carbs: 161<br>Protein: 93  |
| DAY 2 | <br>Banana Pancakes        | <br>Tuna Spinach Salad   | <br>Stuffed Pepper Skillet    | <br>Pistachios + Grapes<br>Stuffed Dates           | Calories: 1969<br>Fat: 93<br>Carbs: 190<br>Protein: 112  |
| DAY 3 | <br>Veggie Omelette        | <br>Turkey Chili         | <br>Garlicky Baked Salmon     | <br>Celery + PB<br>3-Ingredient Mug Cake           | Calories: 2055<br>Fat: 114<br>Carbs: 138<br>Protein: 115 |
| DAY 4 | <br>PB + J Smoothie Bowl | <br>Taco Salad         | <br>Zoodles with Meat Sauce | <br>Apple + Nut Butter<br>Plantain Chips + Salsa | Calories: 1978<br>Fat: 113<br>Carbs: 161<br>Protein: 93  |
| DAY 5 | <br>Banana Pancakes      | <br>Tuna Spinach Salad | <br>Stuffed Pepper Skillet  | <br>Pistachios + Grapes<br>Stuffed Dates         | Calories: 1969<br>Fat: 93<br>Carbs: 190<br>Protein: 112  |
| DAY 6 | <br>Veggie Omelette      | <br>Turkey Chili       | <br>Garlicky Baked Salmon   | <br>Celery + PB<br>3-Ingredient Mug Cake         | Calories: 2055<br>Fat: 114<br>Carbs: 138<br>Protein: 115 |
| DAY 7 | <br>PB + J Smoothie Bowl | <br>Taco Salad         | <br>Zoodles with Meat Sauce | <br>Apple + Nut Butter<br>Plantain Chips + Salsa | Calories: 1978<br>Fat: 113<br>Carbs: 161<br>Protein: 93  |

