

VEGETABLES

	GO	SLOW	WHOA
Vegetables	<ul style="list-style-type: none"> All fresh, frozen, or canned vegetables without added sugar or fat 	<ul style="list-style-type: none"> Vegetables with added oil, butter, margarine, or low-fat cheese sauce Baked french fries and hash browns 	<ul style="list-style-type: none"> Fried battered vegetables Fried potatoes, fried french fries, fried hash browns
Vegetable Juice	<ul style="list-style-type: none"> 100% Vegetable juice 		

Some examples of vegetables are: 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, nopalitas, 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"> All fresh, frozen or canned fruits without added fat or sugar 	<ul style="list-style-type: none"> Fruits canned in light syrup 	<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 Frozen fruit juice bars and smoothies with added sugar 	<ul style="list-style-type: none">
Dried fruit/Fruit Leather	<ul style="list-style-type: none"> Dried fruits (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

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

GRAINS

	GO	SLOW	WHOA
Breads/Muffins/Sweet breads	<ul style="list-style-type: none"> Whole-grain bread, buns, rolls, bagels, tortillas, pita bread Corn tortillas 	<ul style="list-style-type: none"> White (refined flour) bread, buns, rolls, bagels, tortillas, pita bread Cornbread Low-fat muffins Waffles Pancakes French toast 	<ul style="list-style-type: none"> Croissants Biscuits Sweet rolls Doughnuts High-fat muffins
Pasta	<ul style="list-style-type: none"> Whole-grain pasta 	<ul style="list-style-type: none"> Regular (refined flour) pasta Egg noodles 	<ul style="list-style-type: none"> Instant higher-fat noodle soups
Rice	<ul style="list-style-type: none"> Brown rice 	<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, hot and cold (e.g. toasted oats, shredded wheat, oatmeal, muesli) Cracked wheat (bulgur) Low-fat whole-grain crackers 	<ul style="list-style-type: none"> Low fat granola Instant oatmeal Low sugar cereals made with refined grains 	<ul style="list-style-type: none"> High sugar cereals made with refined grains – hot and cold Regular granola
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 chips Pretzels 	<ul style="list-style-type: none"> Regular potato chips Other chips (e.g. cheese puffs, corn chips)
Cookies/Cake/Brownies	<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 Low-fat cookies Cereal/fruit bars Low-fat cakes 	<ul style="list-style-type: none"> High-fat, high sugar cookies High-fat, high sugar cakes Brownies
Popcorn	<ul style="list-style-type: none"> Air popped popcorn 	<ul style="list-style-type: none"> Low-fat popcorn 	<ul style="list-style-type: none"> Popcorn with butter Flavored popcorn (e.g. caramel, cheese) Kettle corn

DAIRY

	GO	SLOW	WHOA
Milk	<ul style="list-style-type: none"> Fat-free (skim/non-fat) milk 1% (low-fat) milk Non-fat dry milk Fortified rice milk Fortified low-fat soy milk 	<ul style="list-style-type: none"> 2% (reduced fat) milk Flavored fat-free (skim) milk Flavored 1% (low-fat) milk Fortified soy milk 	<ul style="list-style-type: none"> Flavored 2% (reduced fat) milk Whole milk Flavored whole milk Milkshakes
Yogurt	<ul style="list-style-type: none"> Fat-free or low-fat plain yogurt or 100% fruit juice sweetened Fat-free or low-fat yogurt drinks with no sugar added 	<ul style="list-style-type: none"> Fat-free or low-fat yogurt with sugar added Fat-free or low-fat yogurt drinks with sugar added 	<ul style="list-style-type: none"> Whole milk yogurt Whole milk yogurt drinks
Cheese	<ul style="list-style-type: none"> Part-skim 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%-reduced fat) Ricotta cheese (part-skim) Low-fat cheese sauce Low-fat processed cheese Soy cheese Low-fat cream cheese 	<ul style="list-style-type: none"> Processed cheese Cream cheese Cheese sauce Ricotta cheese (whole milk) Cottage cheese (whole milk)
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

MEAT, BEANS, & EGGS

	GO	SLOW	WHOA
Dried Beans and Peas	<ul style="list-style-type: none"> • Beans (such as pinto beans, black beans, red beans, without bacon or ham) • Fat-free refried beans • Black-eyed peas, split peas, garbanzo beans (chickpeas), lentils • Hummus 	<ul style="list-style-type: none"> • Beans with bacon or ham • Pork and beans • Baked beans • Refried beans • Falafel 	
Nuts and Seeds	<ul style="list-style-type: none"> • Peanuts, almonds, pecans, walnuts, cashews, pistachios • Pumpkin seeds, sunflower seeds • Natural peanut butter and other nut butters 	<ul style="list-style-type: none"> • Peanut butter and other nut butters with added sugar and 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 a butter, lard, margarine, bacon grease or salt pork
Fish	<ul style="list-style-type: none"> • Fish and shellfish – baked, grilled or broiled (e.g. 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 or turkey with skin (baked, grilled, or broiled) • Breaded baked chicken or turkey • Baked chicken nuggets • Lean ground chicken or turkey 	<ul style="list-style-type: none"> • Fried chicken • Fried chicken nuggets
Beef	<ul style="list-style-type: none"> • Lean cuts of beef (e.g. 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 	<ul style="list-style-type: none"> • Regular cuts of beef (e.g. brisket, T-bone, chuck roast) • Regular ground beef • Beef jerky • Regular hamburgers • Ribs

MEAT, BEANS, & EGGS (CONT.)

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Pork	<ul style="list-style-type: none"> Lean cuts of pork (e.g. tenderloin, pork chops without fat) 	<ul style="list-style-type: none"> Lean ham Canadian bacon 	<ul style="list-style-type: none"> Higher-fat cuts of pork (e.g. pork roaster, shoulder, ham) Ribs Bacon Ham hock Pork skins
Other Protein Foods	<ul style="list-style-type: none"> Tofu Tempeh “Veggie” burger Venison 		
Processed meat	<ul style="list-style-type: none"> Low-fat or non-fat luncheon meats (chicken, turkey, ham) 	<ul style="list-style-type: none"> Regular luncheon meats (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

OILS

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Oils	<ul style="list-style-type: none"> Non-stick cooking spray 	<ul style="list-style-type: none"> Vegetable oils – such as olive, canola, peanut, soybean, corn, cottonseed, safflower, or sunflower 	<ul style="list-style-type: none"> Butter Margarine Lard Salt pork Shortening
Foods rich in oils		<ul style="list-style-type: none"> Fat-free or low-fat gravy Fat-free or low-fat mayonnaise Fat-free or low-fat sour cream Fat-free or low-fat salad dressing Oil and vinegar dressing 	<ul style="list-style-type: none"> Gravy Mayonnaise Sour cream High fat salad dressing

OTHER

	GO	SLOW	WHOA
Herbs and Spices	<ul style="list-style-type: none"> Garlic Seasonings without salt such as garlic powder or onion powder Fresh or dried herbs such as basil, rosemary or cilantro 		<ul style="list-style-type: none"> Salt Seasonings with salt or sodium Monosodium glutamate (MSG)
Sugars/Sweeteners		<ul style="list-style-type: none"> Light syrup Artificial Sweeteners 	<ul style="list-style-type: none"> Sugar Brown sugar Chocolate candy Candies Sugar sweetened gelatin Honey Syrup
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 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

Recommended Daily Amounts by Age*

Food Group	Recommended Amount for 4-8 years old	Recommended Amount for 9-13 years old
Vegetables	1 ½ cups	2 – 2 ½ cups**
Fruits	1 – 1 ½ cups	1 ½ cups
Grains	4 – 5 ounce equivalents (a 1 ounce equivalent equals: 1 slice bread, 5-7 crackers, ½ cup cooked oatmeal, 1 cup dry cereal, ½ cup cooked rice, or 3 cups popped popcorn.)	5 – 6 ounce equivalents***
Dairy	2 cups (1 ½ ounce hard cheese equivalent equals: 1 cup)	3 cups
Meat, Beans, and Eggs	3 - 4 ounce equivalents (a 1 ounce equivalent equals: ¼ cup cooked beans, 1 ounce meat, or 1 egg.)	5 ounce equivalents
Oils	4 teaspoons	5 teaspoons
Other	None	None

* www.MyPyramid.gov

** Girls – 2 cups; Boys – 2 ½ cups

*** Girls – 5 oz equivalents; Boys – 6 oz equivalents