

WANT TO
EAT HEALTHIER?

Follow the colors to get you there.

GO

ENJOY
OFTEN

SLOW

ENJOY
SOMETIMES

WHOA

ENJOY
LESS
OFTEN





HEALTHIEST
FOODS

vegetable
of the
month

Enjoy Often!



BEANS, NUTS & SEEDS



GO

No sodium added,
dry beans, canned fish,
nuts, seeds

SLOW

Low sodium
(less than 290 mg)
canned beans,
canned fish, nuts, seeds

WHOA

High-sodium
(more than 290 mg)
canned beans,
canned fish, nuts, seeds



BEVERAGES



GO

No sugar added
water

SLOW

100% juice

WHOA

Soda, fruit drinks,
sweetened beverages



CANNED VEGETABLES



GO

No salt or
sodium added

SLOW

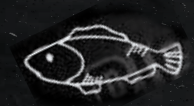
Low sodium
(290 mg of
sodium or less)

WHOA

High-sodium
(more than 290 mg)



MEAT, FISH & POULTRY



GO

Lean cuts of beef and pork and low-fat products such as fish, poultry and eggs

SLOW

Dark meats such as steak, ground beef and chicken or turkey with skin

WHOA

Processed meats such as bacon, deli meat, ham and sausage



get active. eat well.

DAIRY



GO

Non-fat, skim, or 1%
low-fat milk, yogurt
and cheese

SLOW

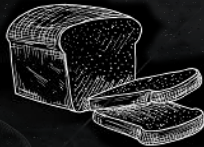
Whole milk foods
such as milk,
yogurt, cheese and
flavored milk

WHOA

Cream, butter,
ice cream and
cream cheese



GRAINS



GO

100% Whole Grain,
100% Whole Wheat or
when whole grain is
the first ingredient listed

SLOW

Wheat flour,
multi-grain,
cracked wheat, or
contains whole grain

WHOA

Enriched flour,
bran, wheat germ,
or unbleached
enriched flour



get active. eat well.