

# Go Slow, Stop and Think

## GO FOODS

Foods that you can eat in large quantities - include at every meal and snack!

- **Water**
- **Vegetables**
  - **Greens:** lettuce, spinach, collards, broccoli, asparagus, green beans, zucchini, brussels sprouts, celery, peppers, cucumber, okra
  - **Reds:** red cabbage, red peppers, rutabagas, endive, beets
  - **Oranges:** carrots, winter squash, orange peppers
  - **Yellows/whites:** summer squash, onions, potatoes, corn, cauliflower, turnips, mushrooms
- **Fruits**
  - **Greens:** apples, grapes, pears, honeydew melon
  - **Reds:** apples, grapes, pears, cherries, pomegranates, strawberries, tomatoes, raspberries, watermelon, grapefruit
  - **Blues/purples:** blueberries, plums, grapes, blackberries
  - **Oranges:** satsumas, clementines, oranges, nectarines, cantaloupe, mango, peaches
  - **Yellow:** pineapple, Asian pears, bananas

## SLOW FOODS

Foods that you can eat every day but need to portion control – use measuring tools!

- **Whole grains:** whole-wheat bread, whole-wheat pasta, brown rice, quinoa, oatmeal, cereal, whole grain crackers, low-fat popcorn
- **Lean meats:** skinless chicken, turkey, seafood, lean red meat
- **Legumes:** beans, lentils, edamame
- **Low-fat dairy:** milk, unsweetened yogurt, cottage cheese, cheese
- **Eggs**
- **Nuts** and seeds and nut butters
- **Low calorie condiments:** mustard, salsa, ketchup, low-fat salad dressing, hot sauce, hummus, low-fat dips, all-fruit jelly and jam
- **Avocado**
- **Diet sodas**

## STOP AND THINK FOODS

Foods that you can eat on rare occasions and in limited amounts – must portion control!

- **High-fat meats:** red meat, bacon, sausage, hotdogs
- **Refined grains:** white bread, white pasta, white rice, low-fiber cereal
- **Fried foods**
- **Snack foods:** chips, pretzels, tortilla chips
- **Sweets:** cookies, cake, muffins, pastries, brownies, candy, ice cream, cupcakes, other desserts
- **High-calorie condiments:** mayonnaise, cheese dips, sauces
- **Restaurant foods**
- **Sugar-sweetened beverages:** soda, juice

**Do the 2!**  
eat right. move more.



**Louisiana**