



Slow Foods

"Sometimes Foods"

BREADS AND CEREALS

Without added fat

- Breads French toast, taco shells, muffins, cornbread, biscuits
- Cereal Granola
- Crackers All varieties not included on the GO list
- Snacks Popcorn with butter or margarine, taco chips

VEGETABLES

With added fat

All vegetables with added fat and salt; oven baked potatoes like French fries, and hash browns; avocados

DAIRY

- Cheese Processed cheese spread
- Milk 2% milk

MEATS

Baked, broiled, grilled or microwaved

- Beef Lean ground beef, broiled hamburgers
- Pork Ham, Canadian bacon
- Poultry Chicken or turkey with skin, breaded baked chicken
- Processed Low-fat hot dogs and low fat luncheon meat, turkey sausage
- Fish Tuna canned in oil, baked breaded fish and shellfish
- Legumes Peanut butter, peanuts and other nuts, canned pork and beans, refried beans

EGGS

Without added fat

Whole eggs scrambled, poached, or boiled

SPREADS AND SAUCES

- Spreads Tartar sauce
- Dressing Regular salad dressings, mayonnaise, and sour cream
- Dips Made with sour cream or light cream cheese

DESSERTS

Unfrosted cookies and cakes

FATS

Margarine, vegetable oils