



WHOA Foods

"Once in A While Foods"

BREADS AND CEREALS

Breads	Croissants, doughnuts, sweet rolls
Snacks	Chips

VEGETABLES

Fried potatoes like french fries, hash browns; other deep-fried vegetables

DAIRY

Cheese	American, Colby, Cheddar, Swiss, cream cheese
Milk	Whole milk

MEATS

Beef	Untrimmed beef, regular ground beef, brisket, fried hamburgers
Pork	Untrimmed pork, ribs, bacon
Poultry	Fried chicken or chicken nuggets
Processed	Hot dogs, lunch meats, pepperoni, sausage, beef jerky
Fish	Fried fish and shellfish

EGGS

With added fat

Whole eggs fried or scrambled in fat

SPREADS AND SAUCES

Sauces	Gravy, cheese sauce, cream sauce
Dips	Made with cream cheese

DESSERTS

Frosted cookies and cakes, pies, cheesecake, ice cream, chocolate candies

FATS

Butter, lard, salt pork

DRINKS

Soft drinks or beverages with sugar