







Go For Green Program Criteria

| Eat Often | Eat Occasionally | Eat Rarely |
|--|--|---|
| <p>Entrees </p> <p>Single Items: <300 calories <10 g fat < 480 mg sodium</p> <p>Full Dish: </p> <p><500 calories <18 g fat < 600 mg sodium</p> | <p>Entrees</p> <p>Single Items: 300-500 calories 10-15 g fat 480-700 mg sodium</p> <p>Full Dish: 500-700 calories 18-25 g fat 600-700 mg sodium</p> | <p>Entrees</p> <p>Single Items: >500 calories >15 g fat > 700 mg sodium</p> <p>Full Dish: >700 calories >25 g fat >700 mg sodium</p> |
| <p>Starchy Side: <200 calories Higher fiber options</p> | <p>Starchy Side: </p> <p>200-300 calories</p> | <p>Starchy Side: > 300 calories</p> |
| <p>Vegetable: </p> <p><100 calories</p> | <p>Vegetable: 100-200 calories</p> | <p>Vegetable: >200 calories</p> |
| <p>Dessert: < 150 calories < 6 g fat</p> | <p>Dessert: 150-300 calories 6- 12 g fat</p> | <p>Dessert: > 300 calories > 12 g fat</p> |
| <p>Beverage: Water, calorie-free/low calorie beverages, 100% fruit juice </p> | <p>Beverage: Sports drinks</p> | <p>Beverage: Fruit Juice (less than 100% juice), fruit drinks, energy drinks, Kool-Aid®, regular soda</p> |
| <p>Dairy: </p> <p>Skim or 0- 1% fat</p> | <p>Dairy: Reduced fat or 2% fat</p> | <p>Dairy: Whole or 4% fat</p> |



Meats and Beans

(Go Lean with your Protein)



These foods are high quality sources of protein, which is an important nutrient involved in many of our body's daily functions. Although these foods are high in protein, some may also be high in unhealthy fats, so it is important to choose wisely. When selecting meat products look for items that have been baked, broiled, or grilled.

| Eat Often | Eat Occasionally | Eat Rarely |
|---|--|---|
| Baked chicken/ turkey breast without skin Lean turkey / chicken deli meats | Chicken and turkey with the skin | Fried chicken, fried turkey, fried meats |
| Ground beef 90% lean Lean beef (round eye, top round, bottom round) | Ground beef 85% lean Hamburger | Cheeseburger |
| Ground turkey 90% lean | Ground turkey 85% lean | |
| Center cut pork chops (visible fat removed) Pork Tenderloin | Ham Ham and roast beef deli meat | Ribs, Hot dogs Kielbasa/Bratwurst, Liver Salami, bologna |
| Baked /broiled fish Tuna canned in water Shellfish | Tuna canned in oil | Fried Fish, Fried shellfish |
| Canadian Bacon | Chicken sausage Turkey Sausage Turkey Bacon | Pork sausages Bacon Corn beef/ Cream Beef |
| All beans without added fats and sugars Nuts/Seeds* Peanut Butter* | Beans with added sugar, bacon or ham Baked Beans Refried beans w/ cheese | |
| Egg white/substitute | Whole Egg Egg Omelet with vegetables | Egg omelet with cheese and high fat meats |

* Choose small portions (< 1 Tbsp) as nuts, seeds, and peanut butter are high in calories and fat.



Starches

(Think Whole Grains)

Carbohydrates are the number one energy source our bodies use during exercise. Although these foods have gotten some bad press lately, they are an excellent source of energy. For overall health you should choose starches that are high in fiber.

| | Eat Often | Eat Occasionally | Eat Rarely |
|------------------|---|--|--|
| Breads | Whole grain breads Mini-bagels English muffins | White bread Large bagels Rolls, cornbread | Biscuits, muffins Croissants Doughnuts |
| Sides | Brown rice Bulgur, Couscous | White rice | Rice with added fat |
| | Whole wheat pasta | White pasta | Pasta with cream/cheese sauce |
| | Plain Baked potato | Baked Potato with low fat toppings Mashed potatoes made with low fat milk Home fries Baked French fries | Baked potato with butter & full fat sour cream, mashed potatoes made with whole milk/cream & butter French Fries (fried in oil) |
| Breakfast | Whole grain cereals Oatmeal Grits, plain | Reduced fat muffins (<200 calories) Full fat granola Grits w/ added fat | Sugary cereals |
| Snacks | Baked Chips, Pretzels Granola Bar Natural Popcorn | | Regular Chips Movie style popcorn |



Fruits

(Nature's Candy)



These foods are packed with essential vitamins and minerals that help keep our bodies working and fight off diseases. Different colored fruits have different nutrients in them, so make sure to eat a variety of colors. Choose fresh, whole foods because they are higher in volume and fiber which will keep you feeling fuller for longer.

| Eat Often | Eat Occasionally | Eat Rarely |
|---|---|---|
| Whole fresh fruit or frozen fruit without added fat, sugar and sauces | Fresh fruit with added sugar Canned fruit in light syrup | Canned fruit in heavy syrup |
| Canned fruit in own juices | Dried fruit | Dried fruit covered in yogurt/chocolate |



Vegetables

(The Brighter the Better)



Like fruits, these foods are packed with vital vitamins and minerals to keep our bodies working and healthy. Different colored vegetables have different nutrients in them so make sure to eat a colorful variety. Vegetables are also naturally very low in calories, so they are a great way to fill up our stomachs without increasing our waist lines.

| Eat Often | Eat Occasionally | Eat Rarely |
|---|---|--|
| Fresh or frozen vegetables with no added fat or sauces •Raw Veggies •Steamed vegetables | Fresh or frozen vegetables with added fat or light sauces Avocado | Fried vegetables Breaded vegetables Vegetables in heavy cream or cheese sauces |
| Canned vegetables that have been rinsed with water to remove salt | Canned vegetable that have not been rinsed with water to remove salt Baked Beans/beans in sauces made with sugars or added fat | |
| Green leafy Salads with vinegar based dressings | Salads with added low fat cheeses, lean meats, croutons and vinegar based or low fat salad dressings | Salads with added high fat cheeses, meats, croutons, and high fat dressings |

**Remember starchy vegetables such as corn, peas, and potatoes are going to be higher in calories than non-starchy vegetables*



Dairy



These foods are an excellent source of protein, calcium, and vitamin D to help build strong bones. When choosing dairy products make sure to choose the fat free or low fat versions, because full fat dairy products are high in unhealthy saturated fats.

| Eat Often | Eat Occasionally | Eat Rarely |
|--|-------------------------------------|--------------------------------------|
| Skim or < 1% milk | 2% milk Flavored milk | Whole or > 4 % fat milk |
| Fat free/low fat yogurt (0-1% fat) | Reduced fat yogurt (2% fat) | Full fat yogurt (4 % fat) |
| Fat free/low fat cottage cheese (0-1% fat) | Reduced fat cottage cheese (2% fat) | Full fat cottage cheese (4 % fat) |
| Fat free/low fat cheeses | Reduced fat cheeses | Full fat cheeses |



Beverages

(Think about your drink)

When choosing which beverage you are going to have with your meal, first think about what is in it. Many beverages are loaded with empty Calories. Since beverages do not fill us up, it is easy to over consume which leads to an increased daily Calorie intake and possible unintentional weight gain.

| Drink Often | Drink Occasionally | Drink Rarely |
|---|---|--|
| Water Calorie free flavored Water Skim or 0-1% fat milk | 2% milk 2% flavored milk Flavored water with added sugar | Whole or 4% fat milk |
| 100% Fruit Juice Diet or Light Juices | | Fruit Juice (less than 100% juice) Fruit Drinks Fruitades |
| Diet Soda Caffeine-Free Calorie Free/Low Calorie Beverages | Diet Soda Caffeinated Sugar Free Energy Drinks Sports Drinks | Regular Soda Energy Drinks with sugar and additional caffeine |
| Unsweetened Tea Coffee without added sugars and made with skim/1% milk | Hot Chocolate made with water or low fat milk Coffee made with 2% milk | Sweet Tea Coffee Beverages made with whole milk or cream and sugar or syrup (cappuccino & lattes) Hot Chocolate made with whole milk |

Desserts



These food are most associated with weight gain because they are high in fat, sugar, and calories. This does not have to be the case, though. Choose wisely and you can still enjoy the sweet taste of desserts without all the extra Calories.

| Eat Often | Eat Occasionally | Eat Rarely |
|---|---|--|
| Fresh Fruit Frozen 100% fruit bar, Sugar Free fruit bars | Fresh fruit with added sugars | Fruit cobblers, crisps, and pies Popsicles |
| Angel food cake w/ fresh fruit and light whipped topping | Reduced fat cup cakes, muffins, and cookies | Angel food cake with fruit covered in syrup and heavy whipped topping Full fat cupcakes, muffins and cookies Cake Full fat Pastries |
| Parfait made with low fat yogurt and fresh fruit Fat free/ Low fat yogurt | Low Fat/light Ice cream and Frozen Yogurt Ice Milk | Full fat ice cream |
| Sugar Free Pudding Sugar Free Gelatin Granola Bar | Reduced fat pudding | |



Condiments



Although these items are just add-ons to the meal, they still contain extra calories, which can quickly turn a green item into a red item.

| Eat Often | Eat Occasionally | Eat Rarely |
|--|--|--|
| Fat free/low fat mayonnaise* | Reduced fat mayonnaise | Full fat mayonnaise |
| | Reduced fat margarine/spreads (free of trans fats) | Butter Margarine |
| Vinegar based salad dressings Fat free/ low fat salad dressing* | Reduced fat salad dressing | Full fat salad dressing |
| | Reduced fat cream cheese Reduced fat sour cream | Full fat cream cheese Full fat sour cream |
| Tomato sauce Tabasco sauce Ketchup Mustard Salsa* | Low Sodium Soy sauce BBQ sauce Jelly/Jam Honey Syrup | Tartar sauce Soy Sauce Nacho cheese dip |
| | Light cream sauces and gravies made with water or low fat milk | Cream based sauces (i.e. alfredo sauce) Gravy from meat fat drippings |

* In moderation, products still contains calories, sugars, sodium