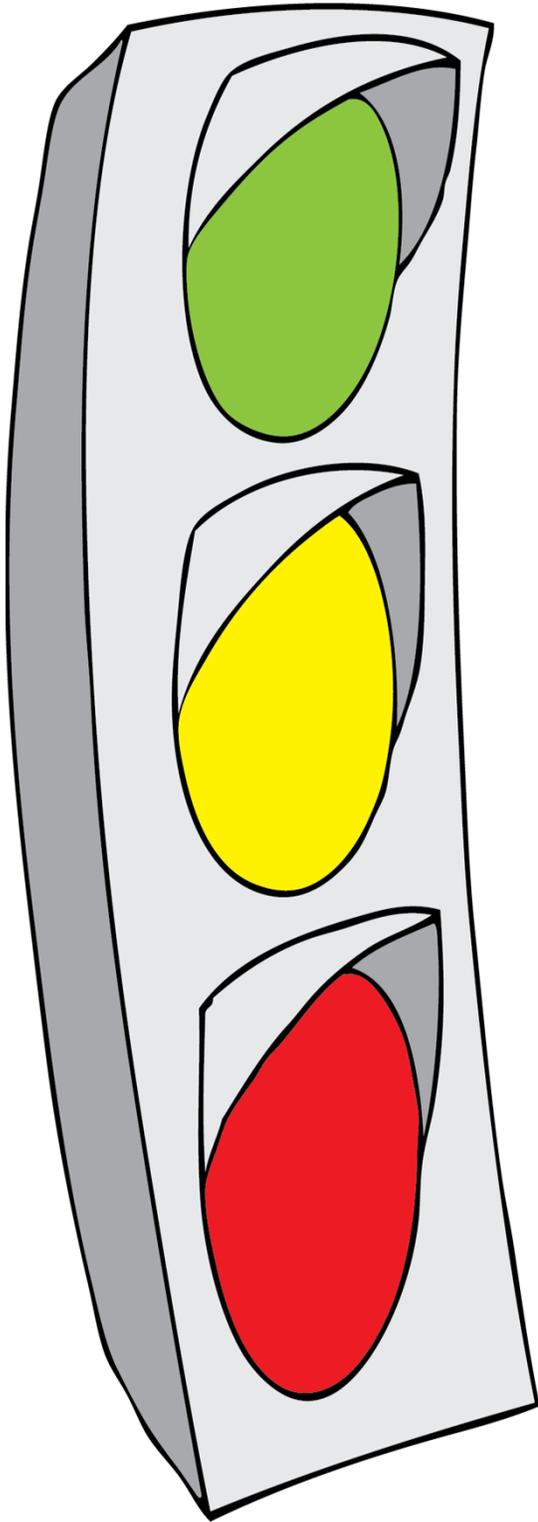


GO, SLOW, WHOA

VENDING, SNACK FOODS AND DRINKS



GO

Eat almost anytime

- Canned fruits packed in juice
- Fat-free and low-fat yogurt
- Fresh and frozen fruits
- Most canned or fresh vegetables without sauces
- Reduced fat cheese
- Whole grain breads, pitas, tortillas, pasta and rice
- Whole grain, unsweetened breakfast cereals (hot and cold)
- Skim and 1% milk, Water, Diet soda, Unsweetened teas, Unsweetened lemonade
- Extra lean meats – baked, broiled, steamed or grilled

SLOW

Eat sometimes

- Baked chips
- Fig bars
- Ginger Snaps
- Low-fat popcorn
- Nuts
- Pretzels
- White bread and pasta (not whole grain)
- 2% milk, 100% fruit juice, Sports drinks
- Lean meats – ham, chicken and turkey with skin, tuna in oil, low-fat hot dogs
- Dried fruits
- Fruits in light syrup
- Granola
- Low-fat yogurt and ice cream
- Oven baked fries

WHOA

Eat once in a while

- Buttered popcorn
- Chocolate candy
- Crackers with hydrogenated oils
- French fries
- Full fat cheese
- Sweet rolls and pastries
- Yogurt from whole milk
- Whole milk, Regular sodas
- Regular cut meats – fried hamburgers and chicken, bacon, chicken nuggets
- Cakes and pies
- Cookies
- Doughnuts, muffins and croissants
- Fruits in heavy syrup
- Ice cream
- Sweetened breakfast cereals

If we have more healthy choices, we'll be able to have healthier lives.
For more information on how we can work together, contact:



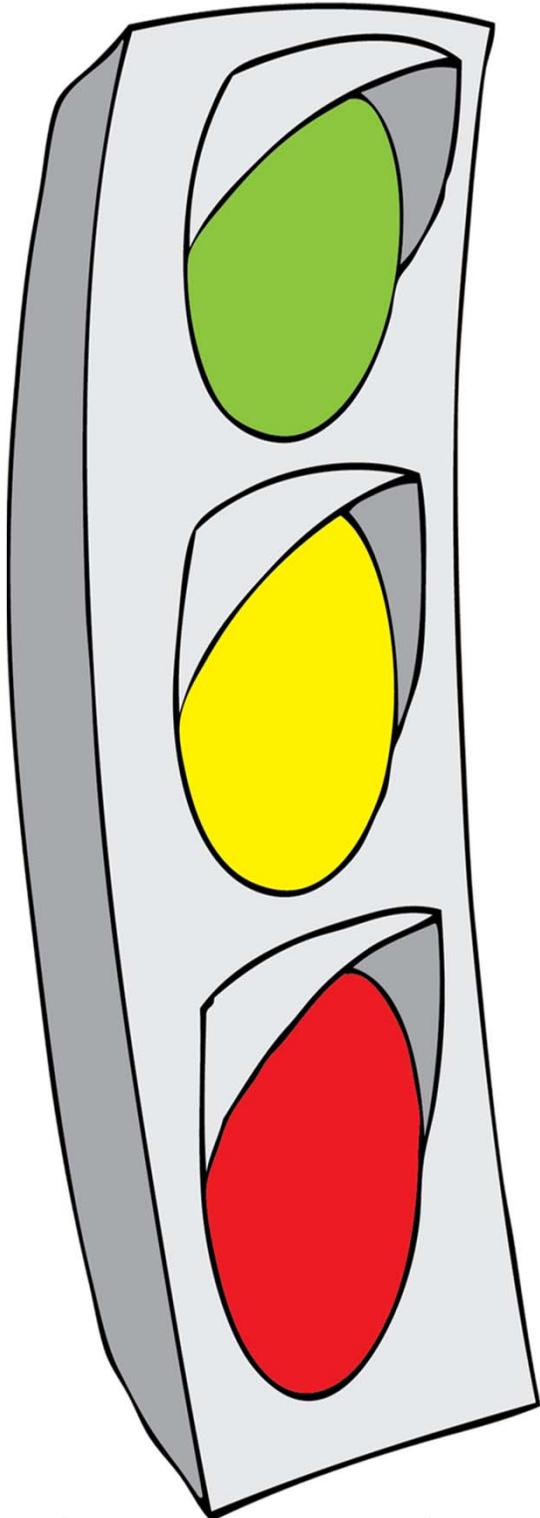
Rod Himon
501-340-532
rhimon@northlittlerock.ar.gov



Arkansas Department of Health
Keeping Your Hometown Healthy

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