Shopping List

**GO FOODS (lower in fat and/or sugar, whole foods, least processed)**
fruits; veggies; lean meats, poultry & fish; low-fat & 1% dairy; whole grain breads, pastas and cereals

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**SLOW FOODS (higher in fat and/or sugar, more processed)**
2% milk and lowfat dairy; pretzels; tortilla chips; pasta & bread made with refined flour; pancakes; baked chicken with skin; lean ham; lean beef hamburger

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**WHOA FOODS (highest in fat and/or sugar; most processed)**
Whole milk, ice cream and processed cheese; potato chips; fried & processed meats; fried potatoes, cakes & cookies; canned fruit in heavy syrup; soft drinks & drinks with added sugar

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For more information: Sue Cornell, Healthy U Director, sue.cornell@ymca.net