

Go For Green[®] Program Criteria

Revised October 2012

Eat Often	Eat Occasionally	Eat Rarely
<p>Entrees </p> <p>Single Items: <300 calories <10 g fat¹ < 480 mg sodium^{2, 13}</p> <p>Full Dish: </p> <p><500 calories <18 g fat < 600 mg sodium¹³</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: </p> <p>Water Calorie-free flavored water</p>	<p>Beverage: 100% fruit or vegetable juices Diet Soda Sports drinks</p>	<p>Beverage: Fruit or vegetable Juices (less than 100% juice), fruit drinks, energy drinks, 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 ³	Eat Occasionally	Eat Rarely
Baked chicken/ turkey breast without skin	Chicken and turkey with the skin	Fried chicken, fried turkey, fried meats
Whole cuts /unprocessed lean turkey / chicken deli meats	Processed chicken/turkey deli 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 & roast beef deli meats	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	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



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 ⁴	Eat Occasionally	Eat Rarely ⁵
Breads	Whole grain breads Whole grain bagels Whole grain English muffins	White bread Large bagels Rolls, cornbread Reduced fat muffins (<200 calories)	Biscuits Croissants Doughnuts Full fat muffins
Sides	Brown rice Bulgur Quinoa	White rice Couscous	Rice with added fat
	Whole wheat pasta	White pasta	Pasta with cream/cheese sauce
	Plain Baked potato Sweet Potato	Baked Potato w/ low fat toppings Mashed potatoes made w/ low fat milk Home fries Baked French fries	Baked potato w/ butter & full fat sour cream Mashed potatoes made w/ whole milk/cream & butter French Fries (fried in oil)
Cereals	Whole grain low sugar cereals ^{5,7} (less than 10 grams sugar per serving) Oatmeal	Full fat granola Grits, plain	Sugary cereals Grits w/ added fat
Snacks	Natural Popcorn	Baked chips Pretzels Granola bar	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 ⁶	Eat Occasionally ⁷	Eat Rarely ⁷
Whole fresh fruit Frozen fruit w/out added fat, sugar and sauces	Fresh fruit with added sugar Dried fruit	Dried fruit covered in yogurt/chocolate
Canned fruit in own juices or water	Canned fruit in light syrup	Canned fruit in heavy syrup



Vegetables

(The Brighter the Better)



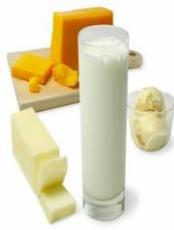
Like fruits, these foods are packed with vital vitamins and minerals to keep our bodies working and healthy. Different colored vegetables have different nutrients in them so make sure to eat a colorful variety. Vegetables are also naturally very low in calories, so they are a great way to fill up our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

Eat Often ^{6, 8}	Eat Occasionally ⁷	Eat Rarely ⁷
Fresh or frozen vegetables with no added fat or sauces •Raw Vegetables •Steamed vegetables	Fresh or frozen vegetables with added fat or light sauces	Fried vegetables Breaded vegetables Vegetables in heavy cream or cheese sauces
No-added-salt canned vegetables ¹⁰ Canned vegetables, rinsed with water to remove salt ¹⁰	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 w/ added low fat cheeses, lean meats, croutons and vinegar-based or low fat salad dressings	Salads w/ added high fat cheeses, meats, croutons, and high fat creamy dressings

- ✓ Make half your plate vegetables
- ✓ Choose at least one non-starchy vegetable



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 ¹¹	Eat Occasionally	Eat Rarely
Skim or < 1% milk Soy milk	2% or reduced fat milk Flavored milk	Whole or > 4 % fat milk
Low fat yogurt (0-1% fat)	Reduced fat yogurt (2% fat)	Full fat yogurt (4 % fat)
Low fat cottage cheese (0-1% fat)	Reduced fat cottage cheese (2% fat)	Full fat cottage cheese (4 % fat)
Low fat cheeses	Reduced fat cheeses	Full fat cheeses



Fats

Dietary fats is essential and actually helps promote good health.

It's wise to choose the healthier types of dietary fat, and then enjoy them — in moderation. Focus on reducing unhealthy (saturated) fats by replacing with healthy fats (unsaturated fats).

Eat Often ¹¹	Eat Occasionally	Eat Rarely
Nuts and seeds*		Chocolate and sugar coated nuts and seeds
Natural nut butters (peanut, almond, soy)*	Regular peanut butter** Reduced sugar peanut butter	
Olive, Canola, Safflower, Sunflower Oils*	Corn and vegetable oil	Coconut oil, palm oil, Palm kernel oil, Shortening
Avocado ⁹	Low fat and reduced fat mayonnaise	Full fat mayonnaise
	Reduced fat margarine/spreads (free of trans fats)	Butter Margarine

*Choose smaller portions as higher in calories

** Contains other types of oils (palm oil, hydrogenated)

Soups



Soups are an excellent way to begin a meal or even be the main entrée! Choose soups in a broth base and with vegetables more often than cream based soups. Since soups can often be high in sodium, choose soups with less than 480 mg of sodium per serving.

Eat Often	Eat Occasionally	Eat Rarely
Soups with less than 480 mg sodium per serving ^{2, 13} -broth based -bean soup, lentil, pea -tomato -vegetable -whole grain pasta/noodle soups -whole grain rice soups	Soups with more than 480 mg of sodium per serving -white grain noodle soups (chicken noodle) -white rice soups -Reduced fat cream soups made with 1% milk	Soups with more than 480 mg of sodium Cream based soups Cheese soups



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 ⁷
Water Calorie free flavored Water Skim or 0-1% fat milk	2% milk Low fat and 2% flavored milk Flavored water with added sugar	Whole or 4% fat milk
	100% Fruit or vegetables Juices** ¹² Light or diet Juices	Fruit or vegetable Juices (less than 100% juice) Fruit drinks Fruitades
	Artificially sweetened beverages Diet Soda Sports Drinks	Regular soda Energy drinks
Unsweetened Tea Coffee without added sugars and made with skim/1% milk	Diet teas 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

*** Drink in moderation as juice lacks dietary fiber and can contribute extra calories when consumed in excess*

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	Fresh fruit with added sugars Sugar Free fruit bars	Fruit cobblers, crisps, and pies Popsicles
	Reduced fat cup cakes, muffins, and cookies Angel food cake w/ fresh fruit and light whipped topping	Full fat cakes, muffins and cookies Full fat Pastries
Low fat yogurt and fruit parfait Fat free/ Low fat yogurt	Low Fat/light Ice cream & Frozen Yogurt Ice Milk	Full fat ice cream
	Reduced fat pudding Sugar Free Pudding Sugar Free Gelatin	

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
Vinegar-based salad dressings Fat free/low fat oil-based salad dressing*	Reduced/Light cream salad dressing (reduced fat ranch, reduced fat French)	Full-fat creamy salad dressing (blue cheese, ranch)
	Low fat and reduced fat cream cheese* Low fat and reduced fat sour cream*	Full fat cream cheese Full fat sour cream Half and Half Cream
Tomato sauce Tabasco sauce Ketchup/Mustard Salsa*	Low sodium soy sauce BBQ sauce Fruit spread (no added sugar) Honey Sugar-free syrup Real maple syrup*	Tartar sauce Soy sauce Nacho cheese dip Jelly/Jam (with added sugar) Syrup
	Light cream sauces 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

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Go for Green Criteria References

1. Less than 35% of calories from fat based on IOM guidelines for total fat intake for adults. The IOM established accept-able ranges for total fat intake for children and adults (children ages 1 to 3 years: 30–40% of calories; children and adolescents ages 4 to 18 years: 25–35%; adults ages 19 years and older: 20–35%). These ranges are associated with reduced risk of chronic diseases, such as cardiovascular disease, while providing for adequate intake of essential nutrients. Total fat intake should fall within these ranges.
2. U.S. Health and Human Services (HHS) and U.S. General Services Administration (GSA) Health and Sustainability Guidelines for Federal Concessions and Vending Operations. Intake of 480 mg sodium per item is approximately 20% of the Dietary Guideline recommendation for daily intake.
3. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Choose a variety of protein foods which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds. Replace protein foods that are higher in solid fats with choices that are lower in solid fats calories and/or are sources of oil
4. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Consume at least half of all grains as whole grains. Increase whole grain intake by replacing refined grains with whole grains.
5. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
6. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Increase vegetable and fruit intake.
7. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Reduce the intake of calories from solid fats and added sugars.
8. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Eat a variety of vegetables, especially dark green and red and orange vegetables and beans and peas.
9. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Consume less than 10 percent of calories from saturated fatty acids by replacing them with monounsaturated and polyunsaturated fatty acids.
10. U.S. Health and Human Services (HHS) and U.S. General Services Administration (GSA) Health and Sustainability Guidelines for Federal Concessions and Vending Operations: The vegetable standard of ≤230 mg sodium per serving is 10% of the Dietary Guidelines recommendation of no more than 2,300 mg sodium per day. This allows for the availability of a wide variety of vegetables while excluding some prepared vegetables that are higher in sodium. The initial goal of 230 mg will be reassessed and further reduced over time.
11. U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2010*: Increase intake of fat-free or low fat milk and milk products such as milk, yogurt, cheese, or fortified soy beverages.
12. IOM (Institute of Medicine). 2012. *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*. Washington, DC: The National Academies Press: Although 100 percent fruit juice provides nutrients and can be part of a healthy diet when consumed in moderation and it lacks dietary fiber and can contribute extra calories when consumed in excess; thus, the majority of fruit servings should come from whole fruits.
13. American Heart Association (AHA) Heart Check Program Guidelines (October 2011).