

# Make healthier choices with GO! Foods.



Look for the following foods that display our GO<sup>SM</sup> Foods! label (not all varieties will fit criteria).



## All fresh fruits, including:

- Apples
- Apricot
- Berries
- Cherries
- Citrus
- Grapes
- Kiwi
- Mango
- Melon
- Peaches
- Pears
- Pineapple
- Plums
- Pomegranate
- Star Fruit

## Dairy/non-dairy refrigerated item:

- Cheeses, < 2g saturated fat
- Cottage cheese, 1% or nonfat
- Cream cheese, fat-free
- Eggs, egg substitute/egg white:
- Margarine, <2 grams saturate fat/no hydrogenated oils
- Milk, skim or 1%
- Sour cream, fat-free
- Soy creamers, nonfat half-and-half/unflavored
- Soy milk, <2 grams sugar
- Yogurt, nonfat, <2 grams suga

## Frozen foods

- Berries, no sugar added
- Frozen fruit bars, 100% fruit/ no added sugar
- Fudgsicles/Popsicles, fat- and sugar-free

## All fresh vegetables, including:

- Artichoke
- Asparagus
- Avocado
- Beets
- Broccoli
- Brussel sprouts
- Cabbage (bok choy, others)
- Cauliflower
- Eggplant
- Garlic
- Green beans
- Greens (spinach, romaine, etc.)
- Jicama
- Leeks
- Mushrooms
- Okra
- Onions, all varieties
- Peppers (red, yellow, green)
- Radishes
- Rhubarb
- Squash (summer, acorn, etc.)
- Sweet potatoes
- Tomatoes
- Zucchini

## Grains

- Barley
- Cereals, cold or hot
- Chia seed
- Couscous, whole-grain
- Flaxseed, whole or ground
- Pasta, whole-grain
- Popcorn
- Quinoa
- Rice, whole-grain

## Canned and bottled goods

- Beans, canned
- Cooking spray with no hydrogenated oils
- Fish, canned
- Fruit, canned or jarred
- Fruit, dried
- Legumes, dried (lentils, sj peas, etc.)
- Nuts and seeds (raw)
- Pasta/marinara sauces
- Peanut/other nut butters (100% natural)
- Soups/broths
- Tahini
- Vegetables, canned or jar

**Buehler's**  
Fresh Foods

PUTTING PEOPLE FIRST.