Asparagus
go!
Tomato
go!
Carrots
go!
Mushrooms
go!
Banana
go!
Pineapple
go!
go!
Regular soda
whoa!
100% fruit juice
slow!
2 percent low-fat milk
slow!
Frozen 100% fruit juice bars
slow!
Banana split
whoa!
Whole egg cooked with no fat
slow!
Macaroni and cheese
slow!
Mixed nuts
slow!
Chicken wings
whoa!
Hamburger
whoa!
Hot dog
French fries
whoa!
Onion rings
whoa!
Chocolate snack bar
whoa!
Chocolate chip muffin
whoa!
Biscuit
slow!
Oatmeal with no sugar added
go!
Whole-grain bread
go!
Peanut butter and jelly sandwich on white bread
whoa!
Whole wheat pasta with tomato sauce
go!
Swiss cheese
whoa!
Pork rinds
whoa!
Tortilla chips
whoa!
Whole wheat Tortilla
go!
Tamales
slow!
Corn with no butter
go!
Collard greens cooked without fat
go!
Flan
Cornbread
slow!
Pumpkin pie
whoa!
Hot sauce
go!
Black eyed peas
go!
Baked salmon
go!
slow!
Low-fat yogurt
go!
go!
Sausage
whoa!
Low-fat microwave popcorn
slow!
Pizza with veggies
slow!
Trimmed lean beef
go!
Avocado
slow!