

GREEN LIGHT FOODS

Red Green Light foods help you “go” and children “grow”.
These are foods to eat almost anytime.

Green Light foods are:

Grown and not manufactured
Low in calories
High in nutrients
Very colorful
Usually can be eaten raw

Green Light foods include:

All fruits
All vegetables



YELLOW LIGHT FOODS

Yellow light foods are “slow down” foods.
These foods are OK to eat every day, but do not eat too much.

Yellow light foods:

Have more calories than Green light foods
Usually have more fats or sugar than Green light foods

Yellow light foods include:

Pasta*
Rice*
Bread*
Tortillas*
Eggs
Lean red meat
Chicken / Turkey (with no skin)
Nuts and seeds
Olive oil
Soy foods**
Fish
Cheese**
Greek Yogurt**, etc.



*Choose whole grains
** Choose organic when possible

RED LIGHT FOODS

Red light foods are ones you should “stop and think” about.
Consider making a different choice or eating a smaller portion.

Red light foods are:

- Lower in nutrients
- Higher in calories
- Foods with artificial sweeteners
- Foods with hydrogenated oil or trans-fat
- Foods high in fat
- Foods high in sugar

Red light foods include:

- Cookies / cakes
- Candy
- Frozen yogurt
- Fatty meats
- Chips
- White bread / Rice
- Doughnuts / Pastries
- Sugary beverages (soda, juice drinks)
- Bacon, ham, hot dogs, and other processed meals, etc.

*Red light foods are sometimes called “special occasion foods”.
Remember to “stop and think” about a healthier choice.*

*Kids relate well to Traffic Light Eating because it is easy to understand.
Once they become familiar with Traffic Light Eating, you may someday hear them tell a friend,
“I don’t want to eat them. It’s a Red Light food”.*

