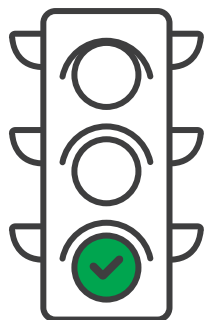


# TRAFFIC LIGHT EATING

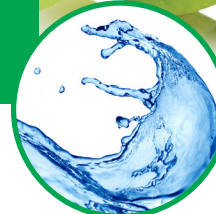


**“GO”**

**Eat everyday as much as you want.**

## Green Light Foods are:

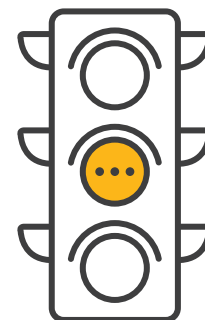
- All fruits:
  - Apples
  - Grapes
  - Strawberries
  - Bananas
  - Oranges
  - Peaches
  - Etc.
- All vegetables:
  - Broccoli
  - Lettuce
  - Carrots
  - Green beans
  - Spinach
  - Etc.
- Water (flavor with lemon or other fresh fruit if desired)



## Yellow Light Foods are:

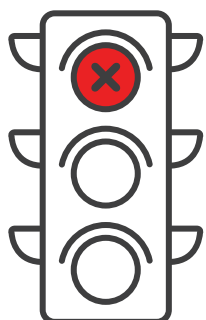
- Pasta
- Whole grain rice
- Whole grain bread
- Whole grain tortillas
- Eggs
- Lean red meat
- Chicken / Turkey\*\*
- Fish
- Nuts & Seeds
- Beans & Legumes
- Olive oil

\*\*Choose organic when possible



**“SLOW DOWN”**

**Eat everyday but not too much.**



**“STOP & THINK”**

**Stop & think about making a better choice.**

## Red Light Foods are:

- Cookies
- Cakes
- Candy
- Ice cream/Frozen yogurt
- Fatty meats
- White bread/White rice
- Chips
- Doughnuts / Pastries
- Sugary beverages (soda, juice drinks)
- Bacon, ham, hot dogs & other processed meats



Please note: many other foods can fall into these categories. These are just examples to get you started.