

The Traffic Light Eating Plan

The Traffic Light Eating Plan makes it easier to choose the foods that will keep you as healthy and strong as possible throughout your life.

The traffic light style of eating is:

- **Full of nutrients**, like vitamins, fiber, and protein
- **Low in less healthy foods**, like added sugar and unhealthy fats
- **All about fresh!** — focusing on foods with very little or no processing
- **Easy and fun!** — with lots of choices from foods you already like

GO: Eat daily.

<p>Whole grains</p> 	<p>Fruits & vegetables</p> 	<p>Healthy proteins</p> 	<p>Milk, cheese, & yogurt</p> 
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SLOW: Eat only once or twice a week.

<p>Refined grains</p> 	<p>Lean, ground meats</p> 	<p>Low-sugar cookies, cakes</p> 	<p>Jelly, mayo, honey</p> 
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WHOA: Eat only once or twice a month.

<p>Dessert, donuts, candy</p> 	<p>Fried foods</p> 	<p>Soda & chocolate milk</p> 	<p>Processed meat</p> 
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What's for Breakfast?



Have fresh fruit with every breakfast. (Fruit juice isn't the same as whole fruit. Limit servings to ½ cup.)

GO

EVERY morning, start your day with a healthy breakfast, such as:

- Whole-grain cereal (like oatmeal or Cheerios) with milk and fruit
- Whole-wheat toast with natural peanut butter, yogurt, and fruit
- A veggie omelette and a whole-wheat bagel and fruit

SLOW

One to two mornings a week, enjoy some "yellow foods," like:

- Waffles or pancakes with applesauce
- A breakfast burrito with beans and cheese
- A muffin with light cream cheese or a breakfast bar

WHOA

Only a couple times a month, splurge with a "red" foods, for example:

- Sugared cereal with milk
- Hash browns and bacon
- A donut or sweet roll

What's for Lunch?



Have fresh fruit — like an apple, pear, nectarine, or grapes — for dessert with every lunch.

GO

Most days, make "green food" choices, such as:

- A tuna or turkey sandwich on whole-grain bread with baby carrots
- Grilled or baked chicken (*instead of chicken nuggets*) with green peas
- A green salad with a hard-boiled egg and a whole-wheat roll

SLOW

One or two times a week, have some "yellow foods," such as:

- A piece of cheese pizza or a bean burrito
- A cheese quesadilla with tomato salsa
- A hamburger (without cheese) with baked tater tots

WHOA

A couple times a month, enjoy a "red food," like:

- A corn dog and fries with baby carrots or celery sticks
- Macaroni and cheese with broccoli
- Potato chips alongside your sandwich

With your whole family working together, healthy eating can be a fun part of everyone's day. Parents and kids both have important jobs (see page 3) for making family meal time successful. And remember, everyone should behave well at mealtime!

GO

What's for Dinner?



Always fill half your plate with fresh, colorful vegetables.

GO

Most evenings, fill your plate with “green foods”

- Start with green salad, avocado, or cooked vegetables
- Add lean protein, like baked fish, chicken, or turkey (without skin)
- Have whole grains like beans, brown rice, or whole-grain pasta
- For dessert, try sugar-free Jell-O, pudding, or a popsicle — or fruit!

SLOW

One or two times a week, it's okay to have some “yellow foods,” like:

- Cheese pizza with green salad
- Lean ground turkey meatballs with spaghetti and a green salad
- Fish sticks with tartar sauce and peas

WHOA

A couple times a month, treat yourself to a “red food”

- Pepperoni pizza with dipping sauce
- Chorizo sausage with refried beans and salsa

What's for Snack?



Only snack when you're hungry.

GO

Most school days, grab a “green food” snack

- Any fruit, like bananas, apples, grapes, pears, oranges
- Air-popped popcorn, pretzels, or a handful of nuts
- Greek yogurt with fruit

SLOW

On the weekends, snack on a “yellow food,” like

- Ice cream sandwich or creamsicle
- A couple fig cookies, vanilla wafers, ginger snaps, or a granola bar

WHOA

For special occasions, enjoy a “red food” treat

- Birthday cake and ice cream or brownies
- A candy bar or frosted cookie
- Fruit pies

✓ **Parent's Jobs:**

- What to eat:** Parents choose what to buy and prepare for meals and snacks.
- When to eat:** Parents decide when to serve meals and snacks.
- Where to eat:** Parents decide where your family will gather for meals and snacks.

✓ **Kid's Jobs:**

- Whether or not to eat** what parents serve for meals and snacks.
- How much to eat** of what parents serve at meals and for snacks. (You know when you're full.)

Shopping List: Select at least 1 new food to try this week.

Go! Eat daily — no restrictions					
Vegetables (fresh, frozen, canned)	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Radishes	Meats, Eggs, Milk, Dairy	<input type="checkbox"/> Chicken & Turkey (without skin)
	<input type="checkbox"/> Baby corn	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Salad greens (head lettuce, romaine, spinach, arugula, radicchio, watercress)		<input type="checkbox"/> Baked or grilled fish (not fried)
	<input type="checkbox"/> Bamboo shoots	<input type="checkbox"/> Eggplant	<input type="checkbox"/> Spinach		<input type="checkbox"/> Boiled shrimp, crawfish, clams, mussels, or lobster
	<input type="checkbox"/> Bean sprouts	<input type="checkbox"/> Green beans	<input type="checkbox"/> Sprouts		<input type="checkbox"/> Eggs and egg substitutes
	<input type="checkbox"/> Beets	<input type="checkbox"/> Jicama	<input type="checkbox"/> Squash (summer, crookneck, spaghetti, zucchini)		<input type="checkbox"/> Cheese
	<input type="checkbox"/> Brussels sprouts	<input type="checkbox"/> Kale	<input type="checkbox"/> Sugar snap peas		<input type="checkbox"/> Turkey burgers
	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Leeks	<input type="checkbox"/> Swiss chard		<input type="checkbox"/> Milk, cottage cheese, yogurt, sour cream
	<input type="checkbox"/> Cabbage (red, green, bok choy, Chinese)	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Tomatoes		<input type="checkbox"/> Mozzarella or string cheese
	<input type="checkbox"/> Carrots	<input type="checkbox"/> Okra	<input type="checkbox"/> Turnips		<input type="checkbox"/> Pork or beef loin, round, or flank cuts
	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Onions	<input type="checkbox"/> Vegetable juice		<input type="checkbox"/> Tuna (canned in water)
<input type="checkbox"/> Celery sticks	<input type="checkbox"/> Pea pods	<input type="checkbox"/> Water chestnuts			
<input type="checkbox"/> Coleslaw (packaged, no dressing)	<input type="checkbox"/> Peppers				
Fruits (fresh, frozen, canned without syrup)	<input type="checkbox"/> Apples	<input type="checkbox"/> Cherries	<input type="checkbox"/> Nectarines	Breads, Grains, & Cereals	<input type="checkbox"/> Brown rice
	<input type="checkbox"/> Avocados	<input type="checkbox"/> Figs	<input type="checkbox"/> Peaches		<input type="checkbox"/> Cold cereals (Cheerios, Wheat Chex, raisin bran, Wheaties)
	<input type="checkbox"/> Bananas	<input type="checkbox"/> Grapes	<input type="checkbox"/> Oranges		<input type="checkbox"/> Corn tortillas
	<input type="checkbox"/> Berries (blackberries, blueberries, raspberries, strawberries)	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Pomegranates		<input type="checkbox"/> Oatmeal (regular or quick)
		<input type="checkbox"/> Kiwis	<input type="checkbox"/> Plums		<input type="checkbox"/> Pasta (with tomato sauce)
Beans/ Legumes, Nuts, & Seeds	<input type="checkbox"/> Almonds, cashews, peanuts, pecans, walnuts	<input type="checkbox"/> Chickpeas (garbanzos)	<input type="checkbox"/> Peas	Treats	<input type="checkbox"/> Polenta or quinoa
	<input type="checkbox"/> Beans (black, kidney, white, chili, lima)	<input type="checkbox"/> Lentils	<input type="checkbox"/> Pine nuts		<input type="checkbox"/> Whole grain breads, rolls, bagels
	<input type="checkbox"/> Black-eyed peas	<input type="checkbox"/> Natural or low-fat peanut or sunflower seed butter	<input type="checkbox"/> Pistachios		<input type="checkbox"/> Whole wheat couscous, pancakes, tortillas
			<input type="checkbox"/> Sunflower seeds		
Drinks	<input type="checkbox"/> Milk	<input type="checkbox"/> Water	<input type="checkbox"/> Walnuts		<input type="checkbox"/> Cocoa powder
					<input type="checkbox"/> Cream cheese
					<input type="checkbox"/> Sugar-free gelatin, popsicles

Slow! Enjoy in small amounts once or twice a week

Mealtime Ideas	Snack Time Ideas	Treats
<input type="checkbox"/> Corn <input type="checkbox"/> Extra-lean or lean hamburger <input type="checkbox"/> Ground chicken or turkey <input type="checkbox"/> Lamb (leg or loin) <input type="checkbox"/> Cheese pizza <input type="checkbox"/> Fat-free hotdogs	<input type="checkbox"/> Low-fat hash browns <input type="checkbox"/> Mashed potatoes <input type="checkbox"/> Muffins <input type="checkbox"/> Regular peanut butter <input type="checkbox"/> Turkey bacon <input type="checkbox"/> Lunch meats <input type="checkbox"/> White bread or rice	<input type="checkbox"/> Fruit juice <input type="checkbox"/> Ginger snaps, fig cookies, vanilla wafers <input type="checkbox"/> Graham crackers, animal crackers, saltines <input type="checkbox"/> Popsicles or creamsicles <input type="checkbox"/> Pudding with milk
		<input type="checkbox"/> Brownies or cake without frosting <input type="checkbox"/> Chocolate syrup <input type="checkbox"/> Jam, jelly, honey <input type="checkbox"/> Ice cream sandwiches <input type="checkbox"/> Peanut-butter crackers <input type="checkbox"/> Waffles (with sugar-free syrup)