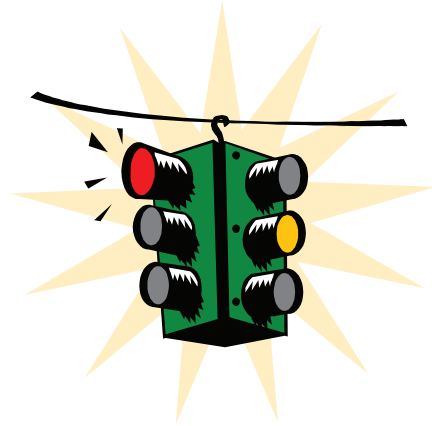


Let's Talk ABOUT...

Food choices for good health



Traffic Light Style Eating

The Traffic Light eating style encourages healthy eating. It guides you to choose foods that are:

- High in fiber
- Nutrient dense
- Low in sugar
- Good sources of healthy oils
- Low in saturated and trans fats (hard fats).

Green Light Foods

Choose green light foods daily or often. Green light foods are high in fiber and low in sugar and unhealthy fats. Some examples of green light foods are whole grain breads and cereals, fresh fruits and vegetables, low fat dairy products, and lean meat and other proteins.

Yellow Light Foods

Choose yellow light foods weekly or sometimes. Yellow light foods are often made with refined grains, have a small amount of added sugar, and contain moderate amounts of fat. Some examples of yellow light foods are white bread, muffins, bagels, 2% milk, cheddar cheese, and peanut butter.

Red Light Foods

Choose red light foods monthly or rarely. Red light foods are generally processed, contain high amounts of sugar and fat, and have very little or no fiber. Some examples of red light foods are donuts, French fries, ice cream, and chicken nuggets.

To decide if a food is a green, yellow or red food, follow these guidelines:

Use the New 2010 Dietary Guidelines for Better Health

- Enjoy your food, but eat less.
- Avoid oversized portions. Choose a smaller plate.
- Make half your plate fruits and vegetables.
- Switch to fat free or low fat (1% milk).
- Compare sodium in foods like soup, bread and frozen meals. Choose the foods with the lower numbers.
- Drink water instead of sugary drinks.

Find more resources online at:
<http://www.choosemyplate.gov/>

● GREEN

Foods Eaten Daily or Often

Breads, Grains and Cereals

Whole grain bread
Brown rice
Pasta with tomato sauce
Oatmeal (regular or quick)
Whole wheat bagels
Whole wheat tortillas
Corn tortillas
Whole wheat pancakes
Whole wheat Couscous

Cold cereals like:

Cheerios®
Wheat Chex®
Wheaties®
Shredded Wheat
Crunchy Corn Bran
Raisin Bran

Fruits and Vegetables

Fresh fruits and vegetables
Canned vegetables
Frozen vegetables
Frozen fruit without sugar
Canned fruit in light syrup
Baked potato in skin

Milk and Dairy

Nonfat/Skim Milk
1% Milk
Low-fat cottage cheese
Low-fat (2% or less) yogurt
Nonfat or low-fat dry milk
Nonfat sour cream
Nonfat cream cheese
Nonfat or low-fat ricotta cheese
Nonfat or low-fat cottage cheese

Lower fat cheeses:

Mozzarella, part skim
String Cheese, low fat
Cheese (less than 5 grams fat per ounce)

Meats, Eggs, Beans, Nuts

Legumes (lentils, beans, peas)
Refried beans made w/o lard
Tofu
Tuna canned in water
Fish and shellfish (not fried)
Veggie burgers
Chicken and Turkey w/o skin
Ground Chicken/Turkey breast
Lean meats
97% fat free lunchmeats
Pork or Beef loin, round, or flank cuts
Fat free hot dogs
Fat free Turkey bacon
Natural or low-fat peanut butter, nut butters
Nuts and Seeds
Eggs, up to four yolks per week
Egg substitutes

Sweets, Fats

Nonfat cream cheese
Low fat or fat free dressings
Olive oil
Canola oil
Trans-fat free margarine
Sugar free Popsicles
Sugar free gelatin
Cocoa powder

Beverages

Water
Nonfat/skim or 1% milk
Vegetable juice
Sugar free soda
Crystal Light®
Sugar free Kool Aide®
Gatorade Propel®

● **YELLOW**

Foods Eaten Weekly or Sometimes

Breads, Grains and Cereals

White bread
 White rice
 Pancakes
 Waffles
 Saltines
 Graham crackers
 Animal crackers
 Muffins
 Bagels
 Instant oatmeal
 Tortillas
Cold cereals like:
 Rice Chex®
 Rice Krispies®
 Corn Chex®
 Special K®
 Life®
 Honey-Nut Cheerios®

Fruits and Vegetables

Dried fruit (e.g. raisins)
 Fruits in light syrup
 Olives
 Avocado
 Mashed potatoes
 Low fat hash browns
 (frozen or homemade)

Milk and Dairy

2% Milk
 Sherbet, sorbet
 Low fat ice cream
 Non or low fat frozen yogurt
 Pudding with nonfat milk
 Light cream cheese
Regular cheeses like:
 American
 Cheddar
 Colby
 Swiss
 Monterey Jack
 Feta

Meats, Eggs, Beans, Nuts

Extra lean or lean hamburger
 Beef or pork w/ minimal marbling
 Ground chicken (thighs, legs)
 Ground turkey (dark meat)
 Lamb (leg or loin)
 Turkey dogs
 Regular peanut butter

Sweets, Fats

Breakfast bars, sports bars
 Popsicles, Creamsicles, Fudgesicles
 Jam, jelly, honey
 Nilla Wafers®
 Fig Newtons®
 Graham Crackers
 Granola bars no candy/frosting
 Cake without frosting
 Brownies without frosting
 Ginger snaps
 Chocolate Syrup
 Vegetable oils: safflower oil,
 sunflower oil, sesame oil,
 cottonseed oil, soybean oil,
 corn oil

Beverages

100% Juice
 Reduced sugar soda

● RED**Foods Eaten Monthly or Rarely****Breads, Grains and Cereals**

Donuts
Croissants
Sweet rolls
Cheese crackers
Ritz crackers
Corn chips
Tortilla chips
Top Ramen
Macaroni and Cheese
Fettuccini Alfredo

Cold cereals like:

Corn Pops®
Apple Jacks®
Frosted Flakes®
Captain Crunch®
Froot Loops®
Cocoa Puffs®

Fruits and Vegetables

Fruits in heavy syrup
Creamed soups
Hash browns patty type fried
French fries
Tator tots
Potato chips
Vegetables in sauce
Instant mashed potatoes

Milk and Dairy

Whole milk
Chocolate milk
Ice cream
Nondairy whipped cream
Half and Half
Cream
Whipped cream
Sour cream
Brie cheese
Cream cheese

Meats, Eggs, Beans, Nuts

Bacon
Regular corned beef
Bologna
Salami
Liverwurst
Sausage
Pepperoni
Regular ground beef
Chicken nuggets
Fish sticks
Tuna in oil
Refried beans made with lard
Liver, organ meats
Regular hot dogs
Macademia nuts

Sweets, Fats

Lard
Shortening
Coconut oil
Palm Oil
Mayonnaise/Miracle whip
Butter
Stick margarine
Tub margarine w/
hydrogenated oils
Popsicles (regular)
Toaster pastries
Salad dressing
Candy
Chocolate
Pie
Cookies
Cake with frosting

Beverages

Soda
Lemonade
Punch
Kool-Aide®
Chocolate milk
Sports drinks:
Gatorade®
PowerAde®
Energy Drinks

Stoplight for Eating Out:

Green Light Foods	Red Light Foods
<p>● Pizza</p> <p>Cheese Green Peppers Mushrooms Tomatoes</p> <p>Onions Chicken Canadian Bacon Pineapple</p>	<p>● Pizza</p> <p>Pepperoni Sausage Double Crust</p>
<p>● Fast Food</p> <p>Regular hamburger or cheeseburger (2oz) Baked chicken Grilled chicken sandwich Kids' meal with fruit, milk, or diet drink Baked potato Salads with low fat dressing Diet soda Milk</p>	<p>● Fast Food</p> <p>Fries Shake /Frosty Breaded chicken sandwiches Chicken nuggets Double burgers Bacon burgers / Pastrami burgers Fried chicken Honey barbeque wings Soda</p>
<p>● Mexican</p> <p>Tortillas (not fried) Grilled chicken or beef fajitas Soft tacos (corn or flour tortillas) Salsa Guacomole</p>	<p>● Mexican</p> <p>Enchiladas Chili con queso Fried tortillas, tortilla chips Sour cream Crispy tacos, Taco salad</p>
<p>● Chinese and Japanese</p> <p>Stir-fried chicken or vegetables in a little oil Steamed rice Teriyaki chicken or fish Soup</p>	<p>● Chinese and Japanese</p> <p>Egg foo young Fried chicken, beef, fish, rice or noodles Egg rolls Fried wontons, Tempura Sweet and sour dishes</p>
<p>● Italian</p> <p>Spaghetti with marinara sauce Minestrone soup Tossed salad with low fat dressing Linguini with red or clam sauce Mussels with marinara</p>	<p>● Italian</p> <p>Sausage Lasagna, Manicotti, Fettuccine Alfredo or other pasta dishes with cheese or cream Fried or breaded chicken Regular Italian dressing</p>
<p>● Seafood</p> <p>Broiled, baked or boiled seafood with lemon Plain baked potato Tossed salad with low-fat dressing</p>	<p>● Seafood</p> <p>Fried fish, fried vegetables French fries, Hush puppies Cole slaw</p>
<p>● Steak Houses</p> <p>Shrimp cocktail Broiled chicken or fish Plain baked potato Steak, small</p>	<p>● Steak Houses</p> <p>Steak, large Fried chicken or fish Onion rings and other fried vegetables French fries</p>

How much should I eat?

Calorie Level	1,000	1,200	1,400	1,600	1,800	2,000	2,200	2,400
Grains (ounces)	3	4	5	5	6	6	7	8
Vegetables (cups)	1	1.5	1.5	2	2.5	2.5	3	3
Fruits (cups)	1	1	1.5	1.5	1.5	2	2	2
Milk (cups)	2	2	2	3	3	3	3	3
Meat/Beans (ozs)	2	3	4	5	5	5.5	6	6.5
Oils (tsp)	3	4	4	5	5	6	6	7

Grain Group

1 ounce is equal to:

- 1 slice bread
- 1 mini bagel
- 1 cup ready-to-eat cereal
- 1/2 cup cooked pasta, rice, cereal, or potatoes
- 1/2 English muffin, hamburger bun, or hot dog bun

Vegetable Group

1 cup is equal to:

- 1 cup of raw or cooked vegetables
- 1 cup of vegetable juice
- 2 cups raw leafy greens

Fruit Group

1 cup is equal to:

- 1 cup fresh, frozen, or canned fruit
- 1 cup of 100% fruit juice (limit 4 ounces per day)
- 1/2 cup dried fruit
- 2 medium fruits (such as apples, oranges)

Milk Group

1 cup is equal to:

- 1 cup milk or yogurt
- 1-1/2 ounces cheese

Meat and Beans Group

1 ounce is equal to:

- 1 ounce lean meat, poultry, or fish
- 1 egg
- 1 tablespoon Peanut butter
- 1/4 cup cooked dry beans
- 1/2 ounce nuts or seeds

Calorie Range

	Sedentary	Active
Children		
2-3 years	1,000	1,400
Females		
4-8 years	1,200	1,800
9-13	1,600	2,200
14-18	1,800	2,400
Males		
4-8 years	1,400	2,000
9-13	1,800	2,600
14-18	2,200	3,200

