

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

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

<p><b>Dessert, donuts, candy</b></p> 	<p><b>Fried foods</b></p> 	<p><b>Soda &amp; chocolate milk</b></p> 	<p><b>Processed meat</b></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					
<b>Vegetables</b> (fresh, frozen, canned)	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Collard Greens	<input type="checkbox"/> Radishes	<b>Meats, Eggs, Milk, Dairy</b>	<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				
<b>Fruits</b> (fresh, frozen, canned without syrup)	<input type="checkbox"/> Apples	<input type="checkbox"/> Cherries	<input type="checkbox"/> Nectarines	<b>Breads, Grains, &amp; Cereals</b>	<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)
<b>Beans/ Legumes, Nuts, &amp; Seeds</b>	<input type="checkbox"/> Almonds, cashews, peanuts, pecans, walnuts	<input type="checkbox"/> Chickpeas (garbanzos)	<input type="checkbox"/> Peas	<b>Treats</b>	<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		
<b>Drinks</b>	<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)