

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!** — Meals are focused on foods with very little or no processing.
- **Easy and fun!** — You get to choose from foods you already like.

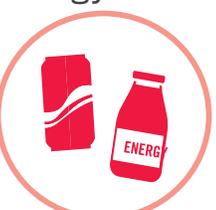
Go! Eat daily

<p>Whole grains</p> 	<p>Fruits & vegetables</p> 	<p>Healthy proteins</p> 	<p>Milk, cheese, & yogurt</p> 
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Slow! Enjoy in small amounts 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 small amounts less often or rarely

<p>Dessert, donuts, candy</p> 	<p>Fried foods</p> 	<p>Soda & sports/energy drinks</p> 	<p>Processed meat</p> 
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Go! Eat daily

Vegetables (fresh, frozen, canned)	<ul style="list-style-type: none"> Asparagus Baby corn Bamboo shoots Beets Brussels sprouts Broccoli Cabbage (red, green, bok choy, Chinese) Carrots Cauliflower Celery sticks Coleslaw (packaged, no dressing) 	<ul style="list-style-type: none"> Cooked greens (swiss chard, spinach, collard) Cucumber Eggplant Green beans Jicama Kale Leeks Mushrooms Okra Onions Peppers 	<ul style="list-style-type: none"> Radishes Salad greens (head lettuce, romaine, spinach, arugula, radicchio, watercress) Spinach Sprouts Squash (summer, crookneck, zucchini winter, spaghetti) Sugar snap peas Tomatoes Turnips Water chestnuts 	Meats, Eggs, Milk, Dairy	<ul style="list-style-type: none"> Chicken and turkey (without skin) Eggs and egg substitutes Fish (baked or grilled, not fried) Mozzarella or string cheese Milk (low-fat), cottage cheese, yogurt, sour cream Pork or beef loin, round, or flank cuts Tuna (canned in water) Veggie burgers Shrimp, crawfish, clams (boiled)
Fruits (fresh, frozen, canned without syrup)	<ul style="list-style-type: none"> Apples Avocados Bananas Berries (blackberries, blueberries, raspberries, strawberries) 	<ul style="list-style-type: none"> Cherries Figs Grapes Grapefruit Kiwis Melons 	<ul style="list-style-type: none"> Nectarines Peaches Oranges Plums Pomegranates 	Breads, Grains, & Cereals	<ul style="list-style-type: none"> Cold cereals (Cheerios, Wheat Chex, Raisin Bran, Wheaties) Corn tortillas Oatmeal (regular or quick) Pasta (with tomato sauce) Polenta or quinoa Whole grain breads, rolls, bagels Whole wheat couscous, pancakes, tortillas Rice (brown)
Beans/Legumes, Nuts, & Seeds	<ul style="list-style-type: none"> Almonds, cashews, peanuts, pecans, walnuts Beans (black, kidney, white, chili, lima) Black-eyed peas Edamame 	<ul style="list-style-type: none"> Chickpeas (garbanzos) Lentils Natural or low-fat peanut or sunflower seed butter 	<ul style="list-style-type: none"> Peas Pine nuts Pistachios Pumpkin seeds Sunflower seeds Walnuts 	Treats	<ul style="list-style-type: none"> Sugar-free gelatin Sugar-free popsicles
Drinks	<ul style="list-style-type: none"> Low-fat milk 	<ul style="list-style-type: none"> Water or sparkling water 			

Slow! Enjoy in small amounts once or twice a week

Fruits & Vegetables	<ul style="list-style-type: none"> Dried fruit Fruits canned in syrup Fruit juice 	<ul style="list-style-type: none"> Low-fat (baked) hash browns Potatoes (mashed or baked) 	Beverages	<ul style="list-style-type: none"> 100% juice 	
Beans / Legumes, Nuts, & Meats	<ul style="list-style-type: none"> Extra-lean or lean hamburger Ground chicken or turkey Chicken or turkey thighs or legs 	<ul style="list-style-type: none"> Lamb (leg or loin) Turkey dogs 	Bread, Grains, & Cereals	<ul style="list-style-type: none"> Bagels Bread (white) Cold cereals with added simple sugars Crackers (saltine, graham, animal) 	<ul style="list-style-type: none"> Flour tortillas Muffins Pancakes/waffles Rice (white)
Milk & Dairy	<ul style="list-style-type: none"> Cheese (American, Cheddar, Colby, Swiss, Monterey Jack, Feta) Lite cream cheese Low fat ice cream 	<ul style="list-style-type: none"> Milk - 2% Non- or low-fat frozen yogurt Pudding Sherbet, sorbet 	Treats	<ul style="list-style-type: none"> Breakfast & sports bars Cake/brownies without frosting Fig newtons, Nilla Wafers 	<ul style="list-style-type: none"> Granola bars Jam, jelly, honey Syrup (chocolate) Popsicles, creamsicles

Whoa! Eat small amounts less often or rarely

Pair red foods with green foods to balance your plate.

Fruits & Vegetables	<ul style="list-style-type: none"> • Fruits in heavy syrup • Fried vegetables (french fries, potato chips, tater tots, hash browns) 		Beverages	<ul style="list-style-type: none"> • Chocolate milk (not low-fat) • Drinks made with sugar (soda, lemonade, punch, Kool-Aid) 	<ul style="list-style-type: none"> • Sports /energy drinks (Gatorade, Powerade)
Beans/Legumes, Nuts, & Meats	<ul style="list-style-type: none"> • Bacon • Beef hot dogs • Beef (ground, 75% lean) • Beans (refried, with lard) 	<ul style="list-style-type: none"> • Chicken nuggets • Fish sticks • Pepperoni • Salami • Sausage • Tuna (in oil) 	Bread, Grains, & Cereals	<ul style="list-style-type: none"> • Cold cereals with sugar (Frosted flakes, Captain Crunch, Fruit Loops) • Chips (potato, corn, tortilla) 	<ul style="list-style-type: none"> • Crackers (cheese, Ritz, Townhouse) • Donuts, croissants, sweet rolls • Macaroni & cheese, Ramen noodles
Milk & Dairy	<ul style="list-style-type: none"> • Brie • Cream • Cream cheese 	<ul style="list-style-type: none"> • Half & half • Ice cream 	Treats, Fats	<ul style="list-style-type: none"> • Butter • Cake with frosting • Candy, chocolate • Cookies 	<ul style="list-style-type: none"> • Margarine (tub, with hydrogenated oils) • Mayonnaise • Toaster pastries • Pie

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.

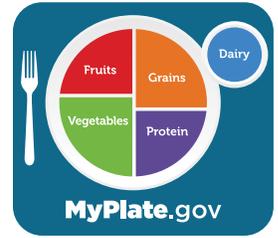
Kid's Jobs:

- 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.)

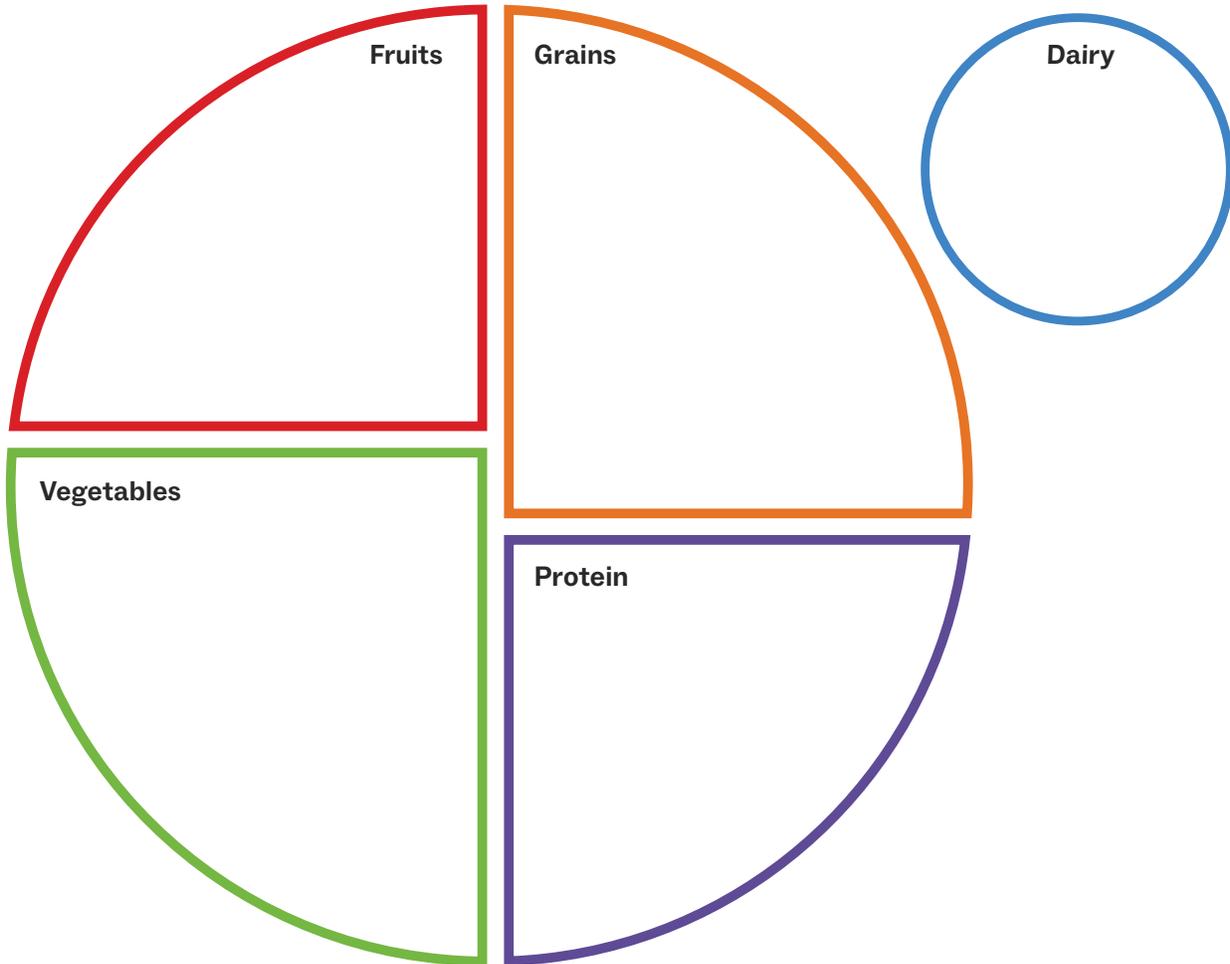
With all of your family working together, healthy eating can be a fun part of everyone's day. Parents and kids both have important jobs for making family meal time successful!

For meal planning:

- Use tools like MyPlate to meet your needs. Go to [ChooseMyPlate.gov](https://www.ChooseMyPlate.gov) to learn more.
- Choose a variety of types of foods to get all the needed nutrients.
- Use the “Go! Eat daily” green food list on [page 2](#) to choose foods that have less salt, saturated fat, and added sugars.
- Choose water most often and limit drinks with added sugars.



Here is a fillable plate — so you can use food lists to build a balanced meal.



Write down your meals here:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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