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.

**SLOW**: Eat only once or twice a week.

**WHOA**: Eat only once or twice a month.
What’s for Breakfast?

**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

**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

**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?

**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

**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

**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!
What’s for Dinner?

**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!

**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

**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?

**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

**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

**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.)
**Go! Eat daily — no restrictions**

<table>
<thead>
<tr>
<th>Vegetables (fresh, frozen, canned)</th>
<th>Meats, Eggs, Milk, Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Asparagus</td>
<td>❑ Chicken &amp; Turkey (without skin)</td>
</tr>
<tr>
<td>❑ Baby corn</td>
<td>❑ Baked or grilled fish (not fried)</td>
</tr>
<tr>
<td>❑ Bamboo shoots</td>
<td>❑ Boiled shrimp, crawfish, clams, mussels, or lobster</td>
</tr>
<tr>
<td>❑ Bean sprouts</td>
<td>❑ Eggs and egg substitutes</td>
</tr>
<tr>
<td>❑ Beets</td>
<td>❑ Cheese</td>
</tr>
<tr>
<td>❑ Brussels sprouts</td>
<td>❑ Turkey burgers</td>
</tr>
<tr>
<td>❑ Broccoli</td>
<td>❑ Milk, cottage cheese, yogurt, sour cream</td>
</tr>
<tr>
<td>❑ Cabbage (red, green, bok choy, Chinese)</td>
<td>❑ Mozzarella or string cheese</td>
</tr>
<tr>
<td>❑ Carrots</td>
<td>❑ Pork or beef loin, round, or flank cuts</td>
</tr>
<tr>
<td>❑ Cauliflower</td>
<td>❑ Tuna (canned in water)</td>
</tr>
<tr>
<td>❑ Celery sticks</td>
<td>❑ Veggie burgers</td>
</tr>
<tr>
<td>❑ Coleslaw (packaged, no dressing)</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Fruits (fresh, frozen, canned without syrup)</th>
<th>Meats, Eggs, Milk, Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Apples</td>
<td>❑ Brown rice</td>
</tr>
<tr>
<td>❑ Avocados</td>
<td>❑ Cold cereals (Cheerios, Wheat Chex, raisin bran, Wheaties)</td>
</tr>
<tr>
<td>❑ Bananas</td>
<td>❑ Corn tortillas</td>
</tr>
<tr>
<td>❑ Berries (blackberries, blueberries, raspberries, strawberries)</td>
<td>❑ Oatmeal (regular or quick)</td>
</tr>
<tr>
<td>❑ Black-eyed peas</td>
<td>❑ Pasta (with tomato sauce)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Beans/Legumes, Nuts, &amp; Seeds</th>
<th>Breads, Grains, &amp; Cereals</th>
<th>Treats</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Almonds, cashews, peanuts, pecans, walnuts</td>
<td>❑ Brown rice</td>
<td>❑ Cocoa powder</td>
</tr>
<tr>
<td>❑ Beans (black, kidney, white, chili, lima)</td>
<td>❑ Cold cereals (Cheerios, Wheat Chex, raisin bran, Wheaties)</td>
<td>❑ Cream cheese</td>
</tr>
<tr>
<td>❑ Black-eyed peas</td>
<td>❑ Corn tortillas</td>
<td>❑ Sugar-free gelatin, popsicles</td>
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<table>
<thead>
<tr>
<th>Drinks</th>
<th>Treats</th>
</tr>
</thead>
<tbody>
<tr>
<td>❑ Milk</td>
<td>❑ Cocoa powder</td>
</tr>
<tr>
<td>❑ Water</td>
<td>❑ Cream cheese</td>
</tr>
</tbody>
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**Slow! Enjoy in small amounts once or twice a week**

**Mealtime Ideas**

- ❑ Corn
- ❑ Extra-lean or lean hamburger
- ❑ Ground chicken or turkey
- ❑ Lamb (leg or loin)
- ❑ Cheese pizza
- ❑ Fat-free hotdogs

**Snack Time Ideas**

- ❑ Low-fat hash browns
- ❑ Mashed potatoes
- ❑ Muffins
- ❑ Regular peanut butter
- ❑ Turkey bacon
- ❑ Lunch meats
- ❑ White bread or rice

**Treats**

- ❑ Brownies or cake without frosting
- ❑ Chocolate syrup
- ❑ Jam, jelly, honey
- ❑ Ice cream sandwiches
- ❑ Peanut-butter crackers
- ❑ Waffles (with sugar-free syrup)