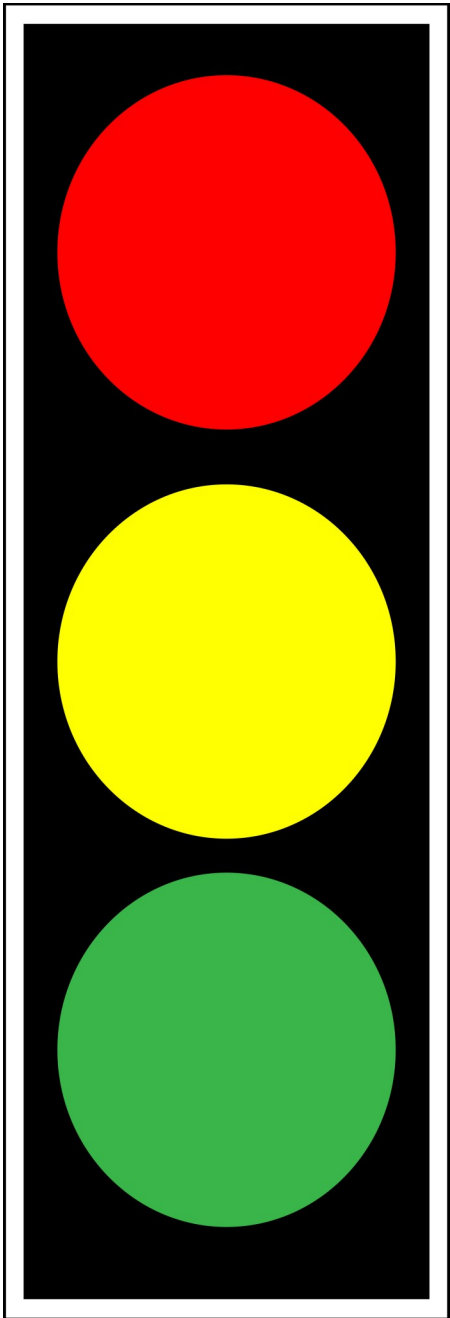


Traffic Light Foods



Stop! Red light foods are not good for you. Don't eat these foods often:

- Desserts, cakes, and cookies
- Fast food, including Chinese food
- Sugary cereals like Trix or Lucky Charms
- Processed meats like bacon or hot dogs
- White bread and white rice
- Energy, sports drinks and soda
- All juices
- Fried foods
- Candy and fruit gummies
- Chips

Slow! Yellow light foods are okay. Eat a small amount of these foods 3 to 4 times a week:

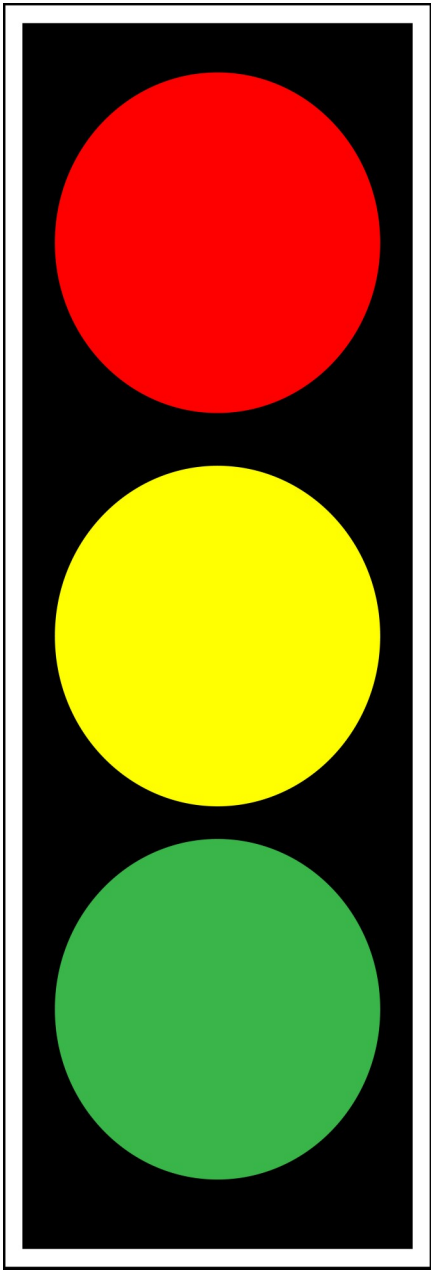
- Cheese
- Low fat chocolate milk
- Pretzels
- Popcorn
- Granola bars
- Low fat deli meats like turkey

Go! Green light foods are good for you. Eat these foods every day:

- Fruits
- Vegetables
- Low fat dairy, like yogurt or milk
- Water and seltzer
- Whole grains, like whole wheat bread, brown rice, oatmeal, and crackers
- Salsa
- Baked, grilled sautéed or steamed fish
- Lean meats like skinless chicken or turkey breast
- Beans, eggs, and nuts
- Hummus



Traffic Light Foods



Talk to your CHN nutritionist to learn more!