

Traffic Light Diet

Use this chart as a guide to help you and your family make smart food choices. Post it on your refrigerator or take it with you to the store when you shop. Those with chronic disease states should contact their doctor before implementing any dietary changes.



- **GO Foods** - Eat almost **ANYTIME** (in moderation)
- **SLOW Foods** - Eat **SOMETIMES**
- **WHOA Foods** - Eat **RARELY**

Food Groups	GO (Farmer's market)	SLOW (Processed)	WHOA (Fats)
	Nutrient Dense	↔	Calorie Dense
Vegetables	Fresh or frozen	Canned, in sauces, oven-baked french fries, avocado	Fried potatoes, other deep fried vegetables
Fruits	Fresh or frozen	100 percent fruit juice, canned in light syrup, dried	Canned in heavy syrup
Breads/ Cereals	Whole-grain: bread, pita, tortillas, pasta, & rice hot & cold unsweetened whole-grain breakfast cereals	Refined white flour: bread, white rice, pasta, taco shells, biscuits, cornbread, granola, waffles, French toast, pancakes	Muffins, Doughnuts, Sweet rolls, Sweetened breakfast cereals, croissants, anything made with TRANS FATS
Milk/Dairy Products	Fat free: Milk, yogurt, cheese, cottage cheese	1-2% Milk, processed cheese	Full fat: Cheese, yogurt, Whole milk
Meats, Poultry, Fish, Eggs, Beans, Nuts	Trimmed beef and pork, skinless chicken & turkey, tuna canned in water, baked, broiled, steamed, or grilled fish, beans, tofu, egg whites	Lean/extra lean ground beef, broiled hamburgers, ham, chicken, turkey with skin, tuna canned in oil, peanut butter, whole eggs, low-fat hot dogs	Fried: beef, chicken, fish, Untrimmed beef, regular ground beef, bacon, hot dogs, lunch meats, ribs, chicken nuggets, whole eggs cooked with fat
Snacks	Dried fruit, applesauce, walnuts, veggie sticks	Low fat: frozen yogurt, ice cream, microwave popcorn Pretzels and baked chips	Cookies, cakes, pies, candy, chips, buttered popcorn, ice cream
Fats	Fat free: Salad dressings, Mayonnaise, Sour cream, Vegetable oil, Olive oil	Low fat: Salad dressings, Mayonnaise, Sour cream, Cream cheese	Full fat: Butter, margarine, sour cream, creamy salad dressings, gravy, vegetable/chip dips
Beverages	Diet: Soda, Lemonade, Ice tea Water (including low-calorie flavored)	100% fruit juice, sport drinks	Whole milk, regular soda, anything sweetened, fruit drinks <100 percent fruit juice

References: Adapted from CATCH: Coordinated Approach to Child health, 4th Grade Curriculum, University of California and Flaghouse, Inc., 2002