

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

