

## 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	<b>GO</b> (Farmer's market)	<b>SLOW</b> (Processed)	<b>WHOA</b> (Fats)
	<b>Nutrient Dense</b>	↔	<b>Calorie Dense</b>
<b>Vegetables</b>	Fresh or frozen	Canned, in sauces, oven-baked french fries, avocado	Fried potatoes, other deep fried vegetables
<b>Fruits</b>	Fresh or frozen	100 percent fruit juice, canned in light syrup, dried	Canned in heavy syrup
<b>Breads/Cereals</b>	<b>Whole-grain:</b> bread, pita, tortillas, pasta, & rice  hot & cold unsweetened whole-grain breakfast cereals	<b>Refined white flour:</b> bread, white rice, pasta, taco shells, biscuits, cornbread, granola, waffles, French toast, pancakes	Muffins, Doughnuts, Sweet rolls, Sweetened breakfast cereals, croissants, anything made with <b>TRANS FATS</b>
<b>Milk/Dairy Products</b>	<b>Fat free:</b> Milk, yogurt, cheese, cottage cheese	1-2% Milk, processed cheese	<b>Full fat:</b> Cheese, yogurt, Whole milk
<b>Meats, Poultry, Fish, Eggs, Beans, Nuts</b>	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	<b>Fried:</b> beef, chicken, fish, Untrimmed beef, regular ground beef, bacon, hot dogs, lunch meats, ribs, chicken nuggets, whole eggs cooked with fat
<b>Snacks</b>	Dried fruit, applesauce, walnuts, veggie sticks	<b>Low fat:</b> frozen yogurt, ice cream, microwave popcorn  Pretzels and baked chips	Cookies, cakes, pies, candy, chips, buttered popcorn, ice cream
<b>Fats</b>	<b>Fat free:</b> Salad dressings, Mayonnaise, Sour cream, Vegetable oil, Olive oil	<b>Low fat:</b> Salad dressings, Mayonnaise, Sour cream, Cream cheese	<b>Full fat:</b> Butter, margarine, sour cream, creamy salad dressings, gravy, vegetable/chip dips
<b>Beverages</b>	<b>Diet:</b> 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, 4<sup>th</sup> Grade Curriculum, University of California and Flaghouse, Inc., 2002