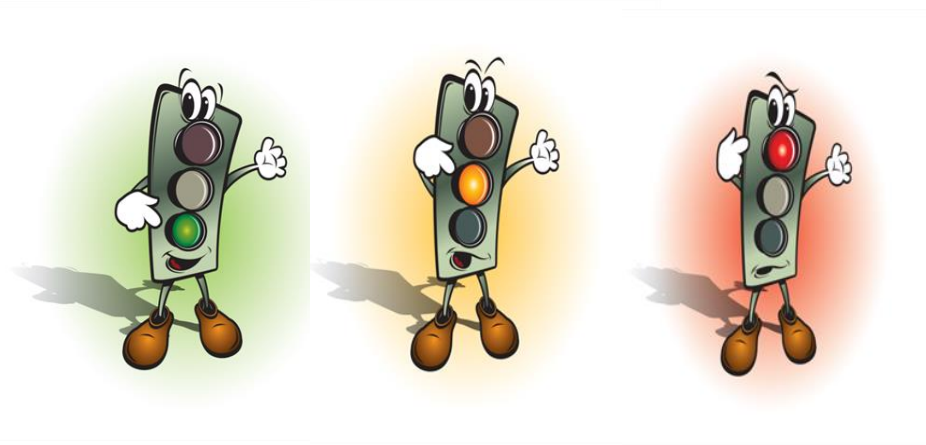


# Traffic Lite Bites

## An Easy Guide to Healthy Food Choices



Traffic Lite Bites empowers you to make educated food choices for you and your family that support your overall health and wellness.

# Green Lite Foods

- **Green** means go! Eat at every meal , every day!
- Foods grown not manufactured
- Naturally Colorful
- Usually can be eaten raw
- Low in calories & high in vitamins and minerals
- Includes *all* fruits & vegetables



## Tips:

- Half of your daily choices should come from Green Lite Foods
- Aim for a minimum 3 servings of vegetables and 2 servings of fruit everyday

# Yellow Lite Foods = Slow Down

- Yellow means slow down, go easy on these foods.
- Eat these foods with some meals, not every meal and not everyday
- They have more calories than **Green** Lite Foods
- Have more fat or sugar than **Green** lite Foods
- A necessary part of a healthy diet
- Provide different vitamins, minerals, & nutrients than **Green** lite Foods
- Chicken, fish, whole grains, nuts, seeds, whole wheat pasta, sprouted grain breads, low fat dairy, butter, olive oil, avocados



## Notes:

- Avocados are a yellow food because they are high in calories and fat-even though it is the good fat!
- Butter is yellow lite because it's made of one ingredient-milk.

# Red Lite Foods

- **Stop & Think First**
- Make a different choice or eat a smaller portion
- Lower in nutrients & higher in calories
- Includes foods with artificial sweeteners, hydrogenated oils or trans-fat
- High in fat and/or sugar
- Includes foods like butter, cookies, donuts, chips, fried foods, hot dogs, white bread, margarine, soda, Deli and other fatty meats, and pretty much anything that is processed

## Notes:

- You don't have to completely eliminate Red Lite foods from your diet. They should be considered a treat and eaten on occasion. Once a week is fine.
- Margarine is a Red Lite food because its made from vegetable oils and contains some trans fats. Not all are equal so read your labels!

