

Name _____



Go - Slow - Stop

Green, Yellow, and Red Food Choices

Food	GO Go for it!	Slow Eat just a little.	STOP Think about your choice.
Beverages	Water and non-fat or 1% milk.	100% fruit juice and 2% milk.	Energy drinks, lemonade, soda pop, sports drinks, and whole milk.
Snacks	All fresh fruit and vegetables.	Air-popped popcorn, dried fruit, frozen juice bars, granola bars, and nuts.	Cakes, candy, cookies, crackers, chips, pretzels, and microwave buttered popcorn.
Vegetables	Fresh, frozen, and canned vegetables without added salt, fat, or sauces. Includes asparagus, broccoli, carrots, cauliflower, celery, cucumber, green beans, peas, spinach, etc.	Vegetables with added fat, salt, and sauces. Oven-baked fries.	Deep fried vegetables and French fries.
Fruits	All fresh, frozen or fruit canned in juice. Includes apples, bananas, grapes, kiwi, oranges, pears, etc.	100% fruit juice or fruits canned in light syrup.	Fruit drinks, fruit canned in heavy syrup, and frozen fruit with added sugar.
Grains	Brown rice and food made with whole grains. Includes whole-grain bread, hot and cold cereals, pitas, and pasta.	White Rice and food made with white refined flour.	Donuts, muffins, pastries, and sugary cereals.
Milk and Dairy Products	Non-fat or 1% low-fat dairy items. Includes fat-free or 1% milk, cottage cheese, and yogurt.	2% low-fat dairy products. Includes 2% milk, cottage cheese, cheese, ice cream, and yogurt.	Full fat dairy products. Includes whole milk, cheese, ice cream, and yogurt.
Protein	Beans, egg whites, fish, tuna (canned in water), tofu, skinless chicken or turkey, and extra lean beef and pork.	Lean ground beef, ham, nuts, peanut butter, tuna (canned in oil) and eggs.	Fried meat or eggs, chicken nuggets, ground beef, hot dogs pepperoni, and sausage.

