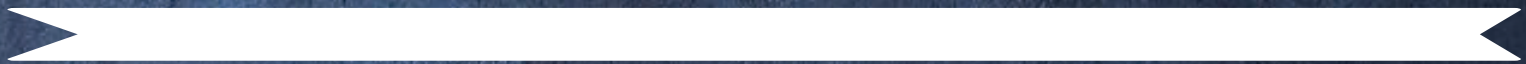




YOUR COMPREHENSIVE GUIDE ON GREEN, YELLOW, AND RED LIGHT FOODS



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THE GREEN, YELLOW, AND RED LIGHT FOODS SYSTEM IS A SIMPLE YET POWERFUL TOOL DESIGNED TO HELP YOU MAKE INFORMED DIETARY CHOICES BASED ON A FOOD'S OVERALL NUTRITIONAL VALUE.

BY UNDERSTANDING HOW DIFFERENT FOODS IMPACT YOUR HEALTH, YOU CAN CONFIDENTLY NAVIGATE GROCERY STORES, PRIORITIZE NUTRIENT-RICH OPTIONS, AND ULTIMATELY FUEL YOUR BODY FOR OPTIMAL WELL-BEING.

GREEN LIGHT (GO): Prioritize these nutrient-rich powerhouses for optimal health.

FOOD GROUP	EXAMPLES	BENEFITS
	Berries (blueberries, raspberries, strawberries), citrus fruits (oranges, grapefruits), apples, pears, melons, kiwifruit	Excellent sources of vitamins, minerals, fiber, and antioxidants. Promote healthy digestion, support immune function, and contribute to heart health
	Leafy greens (spinach, kale), broccoli, cauliflower, carrots, bell peppers, sweet potatoes, mushrooms, tomatoes, onions, garlic	Packed with vitamins, minerals, fiber, and phytonutrients. Support healthy vision, provide essential nutrients for cell function, and may reduce the risk of chronic diseases.
	Brown rice, quinoa, oats, whole-wheat bread, whole-wheat pasta, barley, buckwheat	Excellent sources of complex carbohydrates, fiber, B vitamins, and essential minerals. Provide sustained energy, promote gut health, and aid in blood sugar regulation.
	Beans (black beans, kidney beans, pinto beans), lentils, peas, chickpeas	Excellent source of plant-based protein, fiber, folate, iron, and potassium. Promote feelings of fullness, support digestion, and contribute to heart health.
	Chicken breast, skinless fish (salmon, tuna), tofu, tempeh, lean cuts of beef (flank steak, sirloin), lean pork (tenderloin)	Provide essential amino acids for building and repairing tissues, support muscle function, and promote satiety.
	Avocados, nuts (almonds, walnuts, cashews), seeds (chia seeds, flaxseeds), olive oil	Rich in monounsaturated and polyunsaturated fats, essential for brain health, cell function, and hormone production. May contribute to improved heart health and reduced inflammation.
	Plain Greek yogurt, low-fat milk, low-fat cheese	Good source of calcium, protein, vitamin D, and probiotics (yogurt). Supports bone health, muscle function, and gut health.

YELLOW LIGHT (CAUTION): Enjoy these foods in moderation, being mindful of portion sizes and potential added sugars, unhealthy fats, or sodium content.

FOOD GROUP	EXAMPLES	BENEFITS
	Corn, potatoes, peas	While nutritious, they are higher in carbohydrates and may impact blood sugar levels more significantly. Choose them with skin for added fiber.
	Raisins, cranberries, cherries	Concentrated source of sugar and calories. Enjoy in moderation and pair with nuts for added protein and healthy fats.
	Orange juice, apple juice	Limited nutritional value compared to whole fruit due to lack of fiber. Opt for whole fruit whenever possible.
	Multigrain bread, Ezekiel bread	Check labels for added sugars and refined grains. Choose varieties with at least 3 grams of fiber per slice.
	Greek yogurt with limited added fruit	Opt for plain yogurt and add your own fruit for sweetness control.
	Look for bars with whole grains, nuts, seeds, and minimal added sugar (less than 5 grams per bar).	Read labels carefully as many granola bars can be high in sugar and unhealthy fats.
	Rinse to reduce sodium content.	Choose options low in added sodium or no salt added varieties.

RED LIGHT (STOP): Limit these processed foods with low nutritional value and high content of unhealthy fats, sugars, and sodium.

FOOD GROUP	EXAMPLES	BENEFITS
	French fries, onion rings, fried chicken	High in unhealthy fats, trans fats (if commercially fried), and calories. Can contribute to weight gain, increased cholesterol levels, and inflammation.
	Soda, sports drinks, juice drinks	Loaded with added sugars and contribute to weight gain, increased blood sugar levels, and dental problems.
	Donuts, cakes, cookies, muffins (high sugar)	High in unhealthy fats, added sugars, and refined carbohydrates. Can contribute to weight gain, blood sugar spikes, and increased risk of chronic diseases.
	Bacon, sausage, hot dogs, salami, bologna, deli meats, ham	High in saturated fats and sodium. Can contribute to increased LDL cholesterol levels, raising the risk of heart disease and increase cancer risk.