

TRAFFIC LIGHT HANDOUT (GREEN, YELLOW, RED LIGHT FOODS)



Fruit (Especially Berries)

Non-Starchy Vegetables

Starchy Vegetables

Leafy Green Vegetables

Beans, Lentils, and Peas

Intact Whole grains

Mushrooms

Herbs and Spices

Nuts

Seeds

Nut Butters

Avocados

Coconuts

Olives

Dried Fruit

Pasta

Whole Grain Bread

Dairy Products

Including Cheese

Eggs

Processed Meat

Red Meat

Pork

Chicken

Fish & Shellfish

Oil of any kind

Refined Sugars/Flours

Pastries/Cookies

(CRAP) Calorie Rich And Processed