

# The Traffic Light Eating Plan

The Traffic Light Eating Plan makes it easier to choose the foods that will keep you as healthy and strong as possible throughout your life.

## The traffic light style of eating is:

- **Full of nutrients**, like vitamins, fiber, and protein.
- **Low in less healthy foods**, like added sugar and unhealthy fats.
- **All about fresh!** — Meals are focused on foods with very little or no processing.
- **Easy and fun!** — You get to choose from foods you already like.

### Go! Eat daily

Whole  
grains



Fruits &  
vegetables



Healthy  
proteins



Milk, cheese,  
& yogurt



### Slow! Enjoy in small amounts once or twice a week

Refined  
grains



Lean, ground  
meats



Low-sugar  
cookies, cakes



Jelly, mayo,  
honey



### Whoa! Eat small amounts less often or rarely

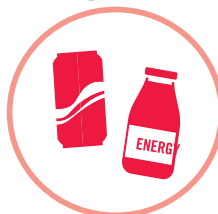
Dessert, donuts,  
candy



Fried foods



Soda & sports/  
energy drinks



Processed meat



## Go! Eat daily

<b>Vegetables</b> (fresh, frozen, canned)	<ul style="list-style-type: none"> <li>Asparagus</li> <li>Baby corn</li> <li>Bamboo shoots</li> <li>Beets</li> <li>Brussels sprouts</li> <li>Broccoli</li> <li>Cabbage (red, green, bok choy, Chinese)</li> <li>Carrots</li> <li>Cauliflower</li> <li>Celery sticks</li> <li>Coleslaw (packaged, no dressing)</li> </ul>	<ul style="list-style-type: none"> <li>Cooked greens (swiss chard, spinach, collard)</li> <li>Cucumber</li> <li>Eggplant</li> <li>Green beans</li> <li>Jicama</li> <li>Kale</li> <li>Leeks</li> <li>Mushrooms</li> <li>Okra</li> <li>Onions</li> <li>Peppers</li> </ul>	<ul style="list-style-type: none"> <li>Radishes</li> <li>Salad greens (head lettuce, romaine, spinach, arugula, radicchio, watercress)</li> <li>Spinach</li> <li>Sprouts</li> <li>Squash (summer, crookneck, zucchini winter, spaghetti)</li> <li>Sugar snap peas</li> <li>Tomatoes</li> <li>Turnips</li> <li>Water chestnuts</li> </ul>	<b>Meats, Eggs, Milk, Dairy</b>	<ul style="list-style-type: none"> <li>Chicken and turkey (without skin)</li> <li>Eggs and egg substitutes</li> <li>Fish (baked or grilled, not fried)</li> <li>Mozzarella or string cheese</li> <li>Milk (low-fat), cottage cheese, yogurt, sour cream</li> <li>Pork or beef loin, round, or flank cuts</li> <li>Tuna (canned in water)</li> <li>Veggie burgers</li> <li>Shrimp, crawfish, clams (boiled)</li> </ul>
<b>Fruits</b> (fresh, frozen, canned without syrup)	<ul style="list-style-type: none"> <li>Apples</li> <li>Avocados</li> <li>Bananas</li> <li>Berries (blackberries, blueberries, raspberries, strawberries)</li> </ul>	<ul style="list-style-type: none"> <li>Cherries</li> <li>Figs</li> <li>Grapes</li> <li>Grapefruit</li> <li>Kiwis</li> <li>Melons</li> </ul>	<ul style="list-style-type: none"> <li>Nectarines</li> <li>Peaches</li> <li>Oranges</li> <li>Plums</li> <li>Pomegranates</li> </ul>	<b>Breads, Grains, &amp; Cereals</b>	<ul style="list-style-type: none"> <li>Cold cereals (Cheerios, Wheat Chex, Raisin Bran, Wheaties)</li> <li>Corn tortillas</li> <li>Oatmeal (regular or quick)</li> <li>Pasta (with tomato sauce)</li> <li>Polenta or quinoa</li> <li>Whole grain breads, rolls, bagels</li> <li>Whole wheat couscous, pancakes, tortillas</li> <li>Rice (brown)</li> </ul>
<b>Beans/Legumes, Nuts, &amp; Seeds</b>	<ul style="list-style-type: none"> <li>Almonds, cashews, peanuts, pecans, walnuts</li> <li>Beans (black, kidney, white, chili, lima)</li> <li>Black-eyed peas</li> <li>Edamame</li> </ul>	<ul style="list-style-type: none"> <li>Chickpeas (garbanzos)</li> <li>Lentils</li> <li>Natural or low-fat peanut or sunflower seed butter</li> </ul>	<ul style="list-style-type: none"> <li>Peas</li> <li>Pine nuts</li> <li>Pistachios</li> <li>Pumpkin seeds</li> <li>Sunflower seeds</li> <li>Walnuts</li> </ul>		
<b>Drinks</b>	<ul style="list-style-type: none"> <li>Low-fat milk</li> </ul>	<ul style="list-style-type: none"> <li>Water or sparkling water</li> </ul>		<b>Treats</b>	<ul style="list-style-type: none"> <li>Sugar-free gelatin</li> <li>Sugar-free popsicles</li> </ul>

## Slow! Enjoy in small amounts once or twice a week

<b>Fruits &amp; Vegetables</b>	<ul style="list-style-type: none"> <li>Dried fruit</li> <li>Fruits canned in syrup</li> <li>Fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Low-fat (baked) hash browns</li> <li>Potatoes (mashed or baked)</li> </ul>	<b>Beverages</b>	<ul style="list-style-type: none"> <li>100% juice</li> </ul>	
<b>Beans/Legumes, Nuts, &amp; Meats</b>	<ul style="list-style-type: none"> <li>Extra-lean or lean hamburger</li> <li>Ground chicken or turkey</li> <li>Chicken or turkey thighs or legs</li> </ul>	<ul style="list-style-type: none"> <li>Lamb (leg or loin)</li> <li>Turkey dogs</li> </ul>	<b>Bread, Grains, &amp; Cereals</b>	<ul style="list-style-type: none"> <li>Bagels</li> <li>Bread (white)</li> <li>Cold cereals with added simple sugars</li> <li>Crackers (saltine, graham, animal)</li> </ul>	<ul style="list-style-type: none"> <li>Flour tortillas</li> <li>Muffins</li> <li>Pancakes/waffles</li> <li>Rice (white)</li> </ul>
<b>Milk &amp; Dairy</b>	<ul style="list-style-type: none"> <li>Cheese (American, Cheddar, Colby, Swiss, Monterey Jack, Feta)</li> <li>Lite cream cheese</li> <li>Low fat ice cream</li> </ul>	<ul style="list-style-type: none"> <li>Milk - 2%</li> <li>Non- or low-fat frozen yogurt</li> <li>Pudding</li> <li>Sherbet, sorbet</li> </ul>	<b>Treats</b>	<ul style="list-style-type: none"> <li>Breakfast &amp; sports bars</li> <li>Cake/brownies without frosting</li> <li>Fig newtons, Nilla Wafers</li> </ul>	<ul style="list-style-type: none"> <li>Granola bars</li> <li>Jam, jelly, honey</li> <li>Syrup (chocolate)</li> <li>Popsicles, creamsicles</li> </ul>

## Whoa! Eat small amounts less often or rarely

Pair red foods with green foods to balance your plate.

<b>Fruits &amp; Vegetables</b>	<ul style="list-style-type: none"> <li>Fruits in heavy syrup</li> <li>Fried vegetables (french fries, potato chips, tater tots, hash browns)</li> </ul>		<b>Beverages</b>	<ul style="list-style-type: none"> <li>Chocolate milk (not low-fat)</li> <li>Drinks made with sugar (soda, lemonade, punch, Kool-Aid)</li> </ul>	<ul style="list-style-type: none"> <li>Sports /energy drinks (Gatorade, Powerade)</li> </ul>
<b>Beans/Legumes, Nuts, &amp; Meats</b>	<ul style="list-style-type: none"> <li>Bacon</li> <li>Beef hot dogs</li> <li>Beef (ground, 75% lean)</li> <li>Beans (refried, with lard)</li> </ul>	<ul style="list-style-type: none"> <li>Chicken nuggets</li> <li>Fish sticks</li> <li>Pepperoni</li> <li>Salami</li> <li>Sausage</li> <li>Tuna (in oil)</li> </ul>	<b>Bread, Grains, &amp; Cereals</b>	<ul style="list-style-type: none"> <li>Cold cereals with sugar (Frosted flakes, Captain Crunch, Fruit Loops)</li> <li>Chips (potato, corn, tortilla)</li> </ul>	<ul style="list-style-type: none"> <li>Crackers (cheese, Ritz, Townhouse)</li> <li>Donuts, croissants, sweet rolls</li> <li>Macaroni &amp; cheese, Ramen noodles</li> </ul>
<b>Milk &amp; Dairy</b>	<ul style="list-style-type: none"> <li>Brie</li> <li>Cream</li> <li>Cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>Half &amp; half</li> <li>Ice cream</li> </ul>	<b>Treats, Fats</b>	<ul style="list-style-type: none"> <li>Butter</li> <li>Cake with frosting</li> <li>Candy, chocolate</li> <li>Cookies</li> </ul>	<ul style="list-style-type: none"> <li>Margarine (tub, with hydrogenated oils)</li> <li>Mayonnaise</li> <li>Toaster pastries</li> <li>Pie</li> </ul>

### Parent's Jobs:

- ☐ **What to eat:** Parents choose what to buy and prepare for meals and snacks.
- ☐ **When to eat:** Parents decide when to serve meals and snacks.
- ☐ **Where to eat:** Parents decide where your family will gather for meals and snacks.

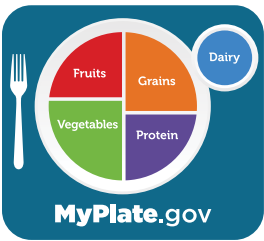
### Kid's Jobs:

- ☐ Whether or not to eat what parents serve for meals and snacks.
- ☐ How much to eat of what parents serve at meals and for snacks. (You know when you're full.)

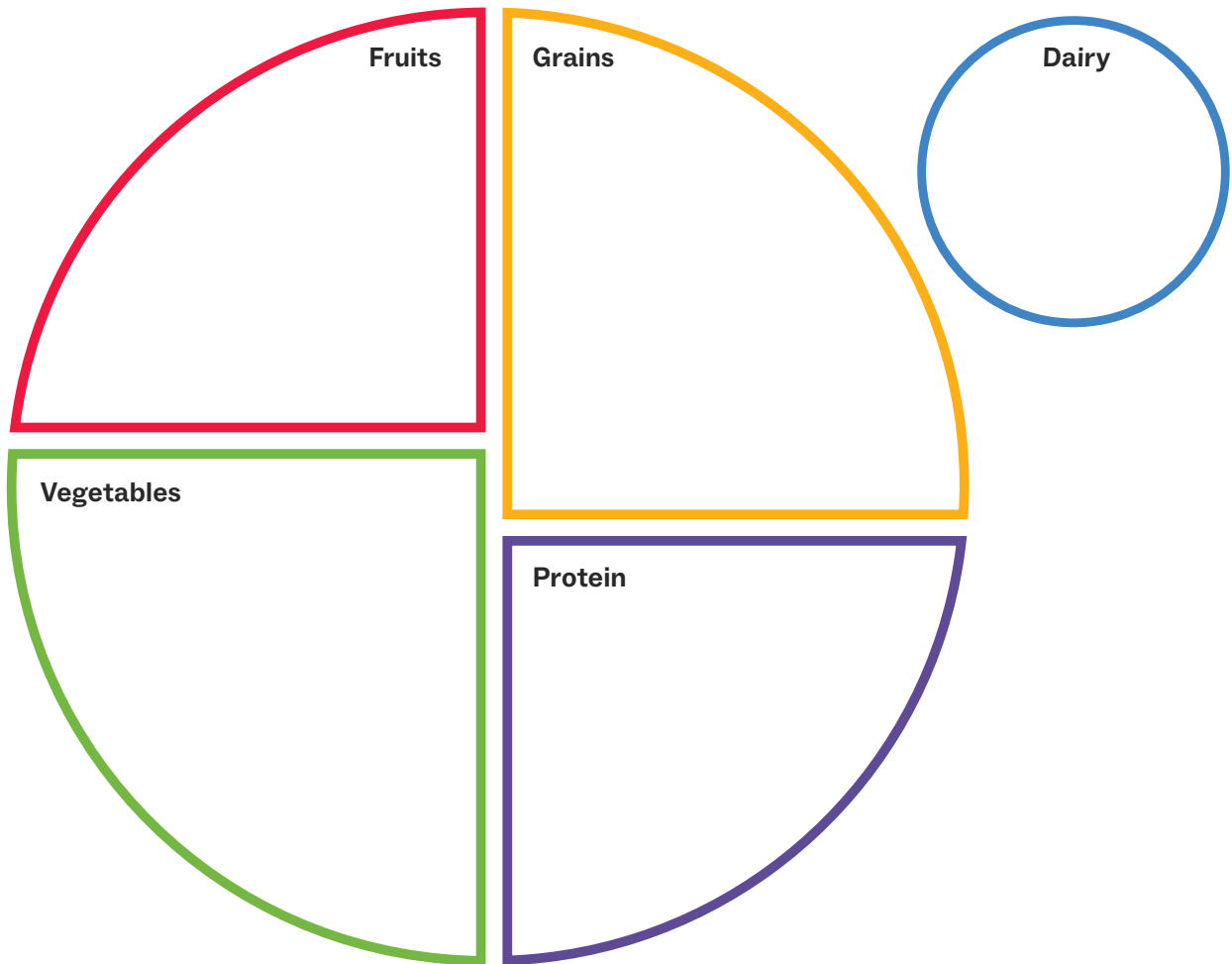
With all of your family working together, healthy eating can be a fun part of everyone's day. Parents and kids both have important jobs for making family meal time successful!

**For meal planning:**

- Use tools like MyPlate to meet your needs. Go to [ChooseMyPlate.gov](https://www.choosemyplate.gov) to learn more.
- Choose a variety of types of foods to get all the needed nutrients.
- Use the “Go! Eat daily” green food list on [page 2](#) to choose foods that have less salt, saturated fat, and added sugars.
- Choose water most often and limit drinks with added sugars.



Here is a fillable plate — so you can use food lists to build a balanced meal.



Write down your meals here:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____