

Traffic Light Eating - Activity



This activity is an extension of the “Traffic Light Eating” lesson in the main program.

Prepare menus for Breakfast, Lunch and Dinner using each of the traffic lights. Even though eating a small amount of red or yellow foods is okay, try to make your green menu entirely green foods for this activity. When creating the yellow and green food menus, try very hard to make sure to choose things *you* would like to eat!

RED LIGHT FOODS		
Breakfast	Lunch	Dinner

YELLOW LIGHT FOODS		
Breakfast	Lunch	Dinner

GREEN LIGHT FOODS		
Breakfast	Lunch	Dinner

Follow up discussion:

- What thoughts or experiences did you have when doing this activity?
- Reflect on how you feel after eating a mostly red light meal, yellow light meal, and green light meal.
- What are some ways to incorporate more green light foods in one's diet?
- (Note: remember to eat mostly healthy foods, and eat less healthy foods in moderation...it's ok to have a treat sometimes because it's what you put in your body on a regular basis that matters most!)

EXAMPLE MENUS:

RED LIGHT FOODS		
BREAKFAST	LUNCH	DINNER
12 oz. vanilla latte	2 pieces of fried chicken	McDonald's Big Mac
2 glazed donuts	16oz Mountain Dew	Large fries
		16 oz. diet coke
		Slice of apple pie

YELLOW LIGHT FOODS		
BREAKFAST	LUNCH	DINNER
1 bowl Corn Flakes	Ham and American cheese sandwich on white bread	3 ground beef tacos with tomato, cheese and lettuce
½ cup whole milk	Baked potato chips	½ cup refried beans
White toast with butter and strawberry jam	1 bag fruit snacks	½ cup white rice
8 oz. orange juice	Sweet tea	16 oz. Gatorade

GREEN LIGHT FOODS		
BREAKFAST	LUNCH	DINNER
1-2 scrambled eggs	Whole wheat bread with natural peanut butter and fruit spread.	Baked chicken with brown rice
1 cup cold cereal made with whole grains and no sugar	1 orange	Steamed broccoli
8 oz. 1% or 2% milk	Carrot sticks and cucumber slices	Sliced strawberries and blueberries
1 banana	16 oz. water	16 oz. water