

TRAFFIC LIGHT EATING



START

**PLAY TRAFFIC LIGHT TRIVIA
IS THIS FOOD A **RED**, **YELLOW**
OR **GREEN** LIGHT FOOD?**

**Metabolic
Magic**

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INTRODUCTION

There are so many food choices out there, how do you know what to eat?

Here, you will learn about one way to simplify food choices.

It's called Traffic Light Eating!

Foods fall into one of these 3 categories:

Green light... "Go!" ... eat these foods every day.

Yellow light... "Slow!" ... eat in moderation.

Red light... "Whoa!" ... limit to 1-2 times a week.

**RED LIGHT
FOODS**

**GREEN LIGHT
FOODS**

**YELLOW LIGHT
FOODS**

RED LIGHT FOODS

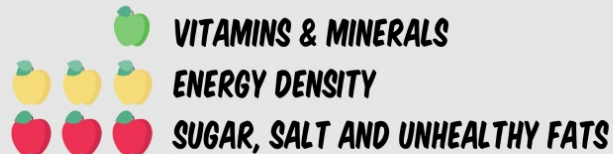
Red light foods have little nutrients and lots of **calories, added sugar and unhealthy fats**. When red light foods are eaten too often, they can harm your body. Think of cookies, cakes, soda and chips.

Energy density: the number of calories a food contains divided by its weight

Stop and think, "Can I choose a different food or eat a smaller portion instead?"

WHOA!
LIMIT TO 1-2
A WEEK

EXAMPLES



EXAMPLES OF RED LIGHT FOODS:

CAKES AND PASTRIES

CANDY

ICE CREAM

FULL-FAT SALAD DRESSING

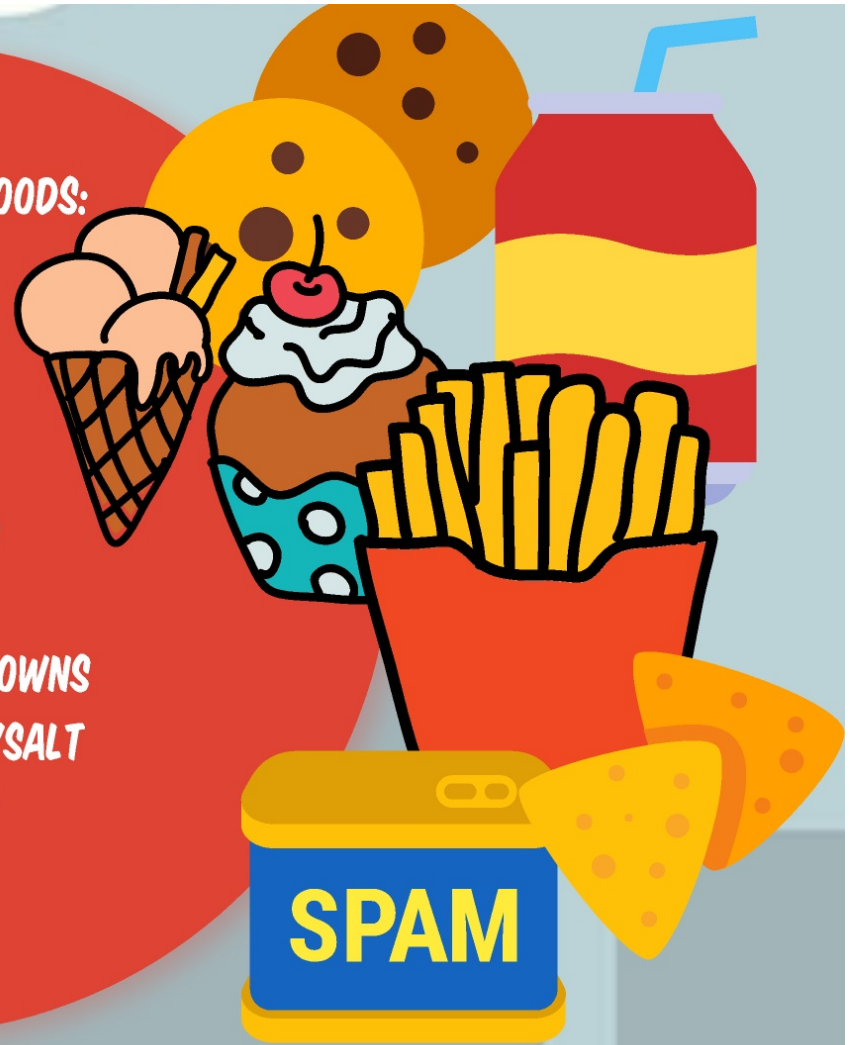
SODA

FRENCH FRIES OR HASH BROWNS

DELI MEAT WITH HIGH FAT/SALT

KOOL-AID OR FRUIT DRINK

FRIED FOOD



YELLOW LIGHT FOODS

We eat yellow light foods all the time...and that's okay! Yellow light foods still have important nutrients like **protein, carbohydrates, fats, vitamins, and minerals.**

However, yellow light foods may also have nutrients we need to limit, such as **unhealthy fats** and **added sugar and salt.**



VITAMINS & MINERALS



ENERGY DENSITY



SUGAR, SALT AND UNHEALTHY FATS

**SLOW DOWN!
EAT A SMALLER
PORTION**

EXAMPLES

EXAMPLES OF YELLOW LIGHT FOODS:

LUNCH MEAT (LOW-FAT, LOW-SALT)

REFINED BREADS AND CEREAL

NUT BUTTERS WITH ADDED SUGAR/FAT

YOGURT WITH ADDED SUGAR

JAM OR JELLY

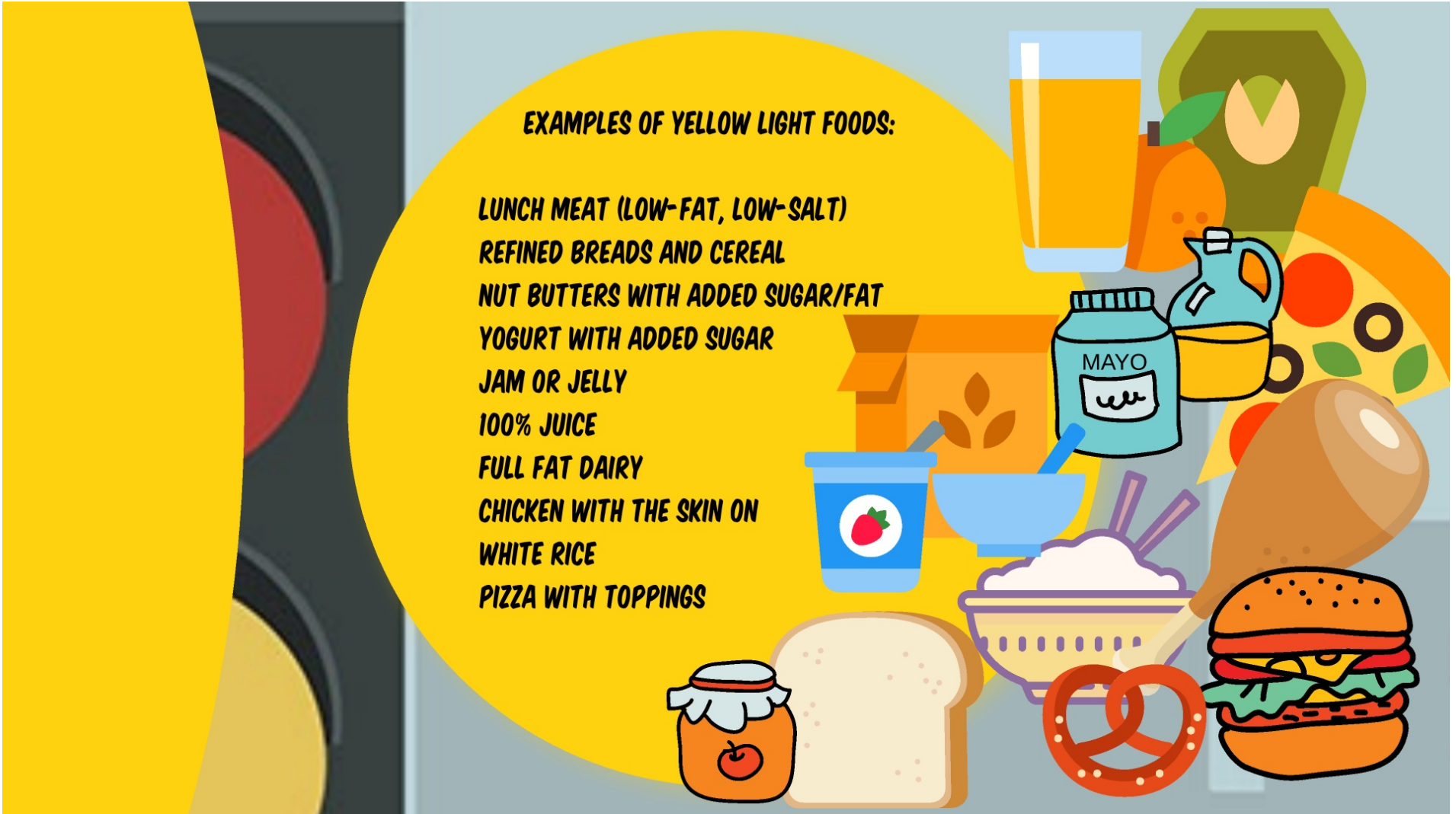
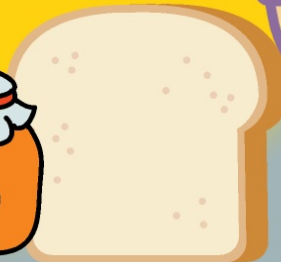
100% JUICE

FULL FAT DAIRY

CHICKEN WITH THE SKIN ON

WHITE RICE

PIZZA WITH TOPPINGS



GREEN LIGHT FOODS

Green Light Foods are high in nutritional value. They are lower sugar, salt and unhealthy fat.

Green Light Foods are **nutrient-dense** instead of energy-dense.

These foods are important to eat every day!



VITAMINS & MINERALS



ENERGY DENSITY



SUGAR, SALT AND UNHEALTHY FATS

GO FOR IT!

EXAMPLES

EXAMPLES OF GREEN LIGHT FOODS:

- WHOLE GRAINS**
- VEGETABLES (FRESH OR FROZEN)**
- FRUITS (FRESH OR FROZEN)**
- WATER**
- NUT BUTTERS WITH NO ADDED SUGAR***
- EGGS**
- LEAN MEATS**
- FISH**
- MILK (REDUCED FAT)**
- NUTS***
- VEGETABLE OILS**
- PLAIN OR LOW SUGAR YOGURT**
- SALAD**
- BEANS AND LENTILS**



MANY FOODS HAVE HEALTHIER VERSIONS

For example:

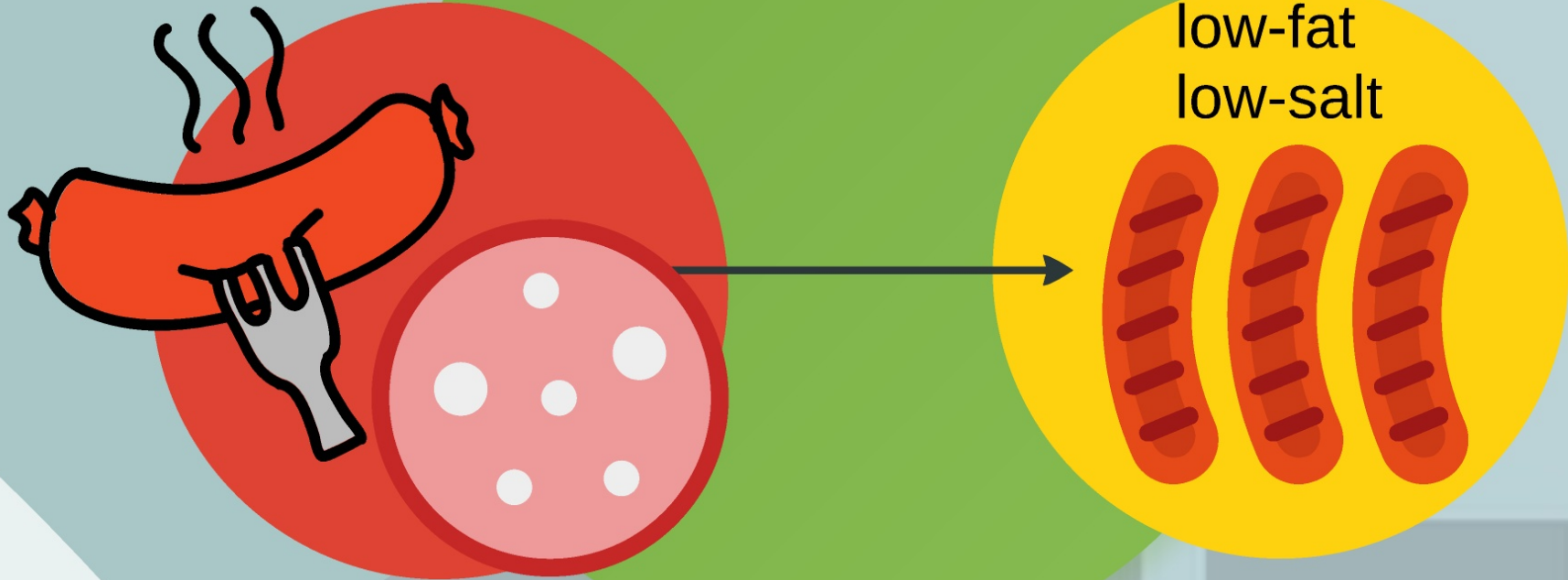
Not all bread is alike!

Bread made with refined white flour is a **Yellow Light Food**,

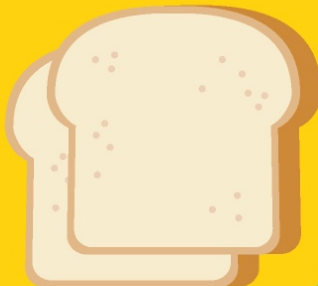
while whole-wheat bread is a

Green Light Food!

PROCESSED MEATS ARE USUALLY **RED LIGHT FOODS**,
BUT IF THEY ARE **LOW-FAT AND LOW-SODIUM**,
THEY BECOME **YELLOW LIGHT FOODS**.



**Regular peanut butter
on white bread :/**



**Natural peanut butter
on whole grain bread :)**



FAST FACT:

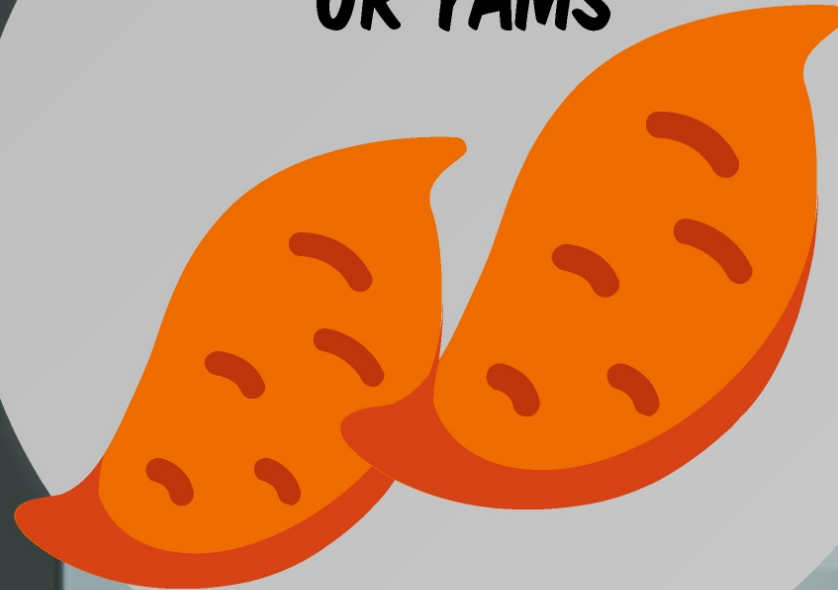
NUTS ARE HEALTHY IN MODERATION!



**NOW IT'S YOUR TURN TO
TEST YOUR KNOWLEDGE!**

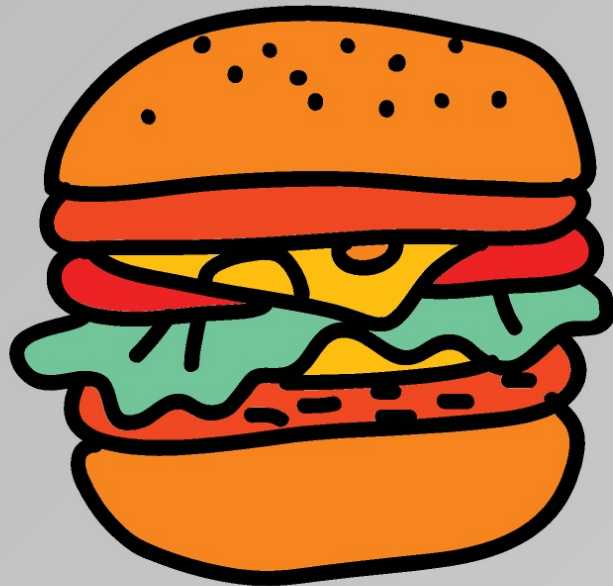
"IS IT A **RED, **YELLOW**
OR **GREEN** LIGHT
FOOD?"**

**SWEET POTATOES
OR YAMS**



**GREEN LIGHT,
EAT AS MANY
VEGETABLES AS
YOU WANT!**

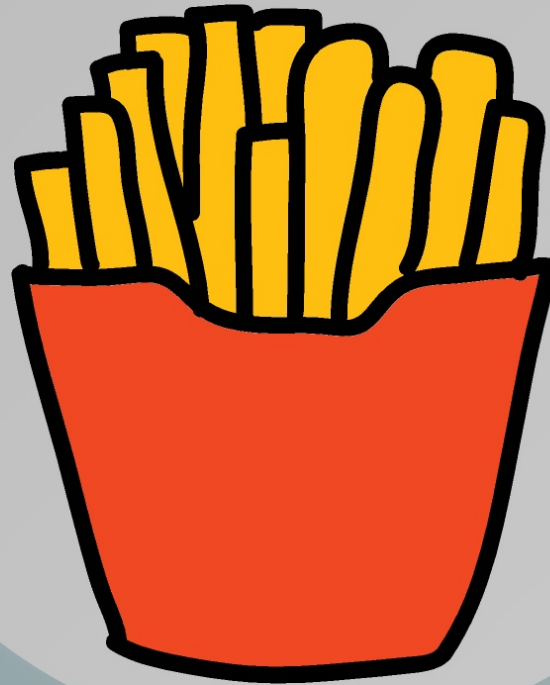
HAMBURGER



A large yellow circle is centered on a light gray background. Inside the circle, the text "YELLOW LIGHT, EAT IN MODERATION" is written in a bold, black, sans-serif font, arranged in three lines. The background features a light gray gradient and a teal-colored curved shape on the right side.

**YELLOW LIGHT,
EAT IN
MODERATION**

FRENCH FRIES





**RED LIGHT,
IS THERE A
HEALTHIER OPTION?**

WATER



**GREEN LIGHT,
WATER IS
IMPORTANT TO
DRINK EVERYDAY!**

POTATO CHIPS





**RED LIGHT,
IS THERE A
HEALTHIER OPTION?**

PASTA



(IF IT IS NOT WHOLE GRAIN PASTA)

YELLOW LIGHT,

EAT IN

MODERATION

100% JUICE



**YELLOW LIGHT,
100% FRUIT JUICE HAS
VITAMINS BUT IS ALSO
HIGH IN SUGAR**

YOU DID IT!



GREAT WORK!

TRAFFIC LIGHT EATING



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IS THIS FOOD A RED, YELLOW
OR GREEN LIGHT FOOD?**

**Metabolic
Magic**