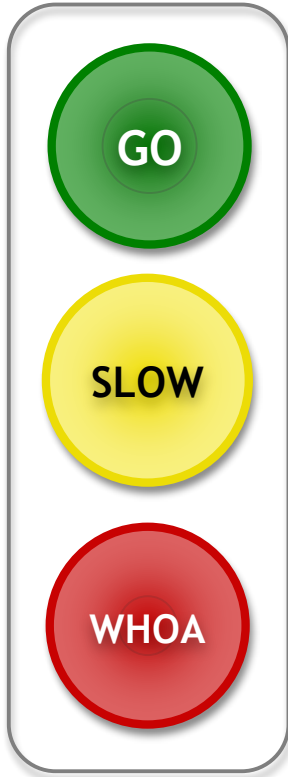


The Stoplight Food Guide

DIRECTING YOU TO HEALTHIER FOOD & DRINK OPTIONS



ANYTIME CHOICES (GO)

- Healthiest within each food group
- Lowest in fat, sugar and calories
- Highest in healthy nutrients-like vitamins, minerals & fiber
- Enjoy 2 or more* from each food group, daily
*up to recommended amount

SOMETIMES CHOICES (SLOW)

- Higher in fat, sugar and calories
- Lower in healthy nutrients
- Aim for 0-1 serving from each food group, daily

RARELY CHOICES (WHOA)

- Highest in fat, sugar and calories
- Lowest in healthy nutrients
- Save for special times; 1 or 2 from each food group, weekly

- Know the food groups
- Understand that each food group contains Go, Slow and Whoa choices
- Check the Nutrition Facts Label
- Measure or count out correct Serving Sizes



Nutrition Facts

Serving Size 1/4 cup (30g)
Servings Per Container about 11

Amount Per Serving

Calories 130 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 7g

Protein 3g

Vitamin A 0% • Vitamin C 0%

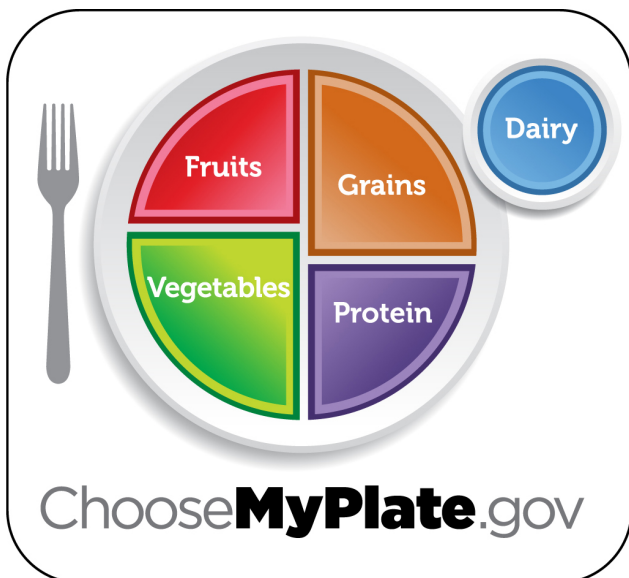
Calcium 0% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





GRAINS



BREAD ● RICE ● CEREAL ● PASTA ● CRACKERS

How much per day?

Depending on the person, 5 to 12 servings.

You may need: _____

Look for *whole grain* listed first on the ingredient list

What counts as 1 serving?

1 slice of bread ● 1 cup of cereal ● ½ cup of cooked rice, cereal or pasta ● ½ of bun, sub roll or bagel ●

Amount listed on the Nutrition Facts ● 28g = 1oz = 1serv

ANYTIME

Per serving: 80-100 calories,
2g or more fiber, 6g or less sugar

Plain oatmeal	Mini bagel
English muffin	Plain grits
Plain popcorn	Brown rice
Wheat crackers	Quinoa

Granola bar with <5 g sugar
 Unsweetened, whole grain cereal
 Whole wheat tortilla
 Whole wheat breads
 Whole wheat pasta
 Whole wheat waffle/pancake

SOMETIMES

Per serving: 100-200 calories,
1 or 2g fiber, 6-12g sugar

Pancake	Low-fat muffin
Waffle	Butter grits
Stuffing	Flavored rice
Noodles	Low-fat popcorn

Granola bar with 5-10 g sugar
 Cereal w/ dried fruit or frosting
 Low-fat (2%) Mac n' cheese
 Low-fat biscuit
 Corn/flour tortilla
 Flavored oatmeal
 Baked corn bread

RARELY

Per serving: over 200 calories,
Less than 1g fiber, over 12g sugar

Biscuits	Breadstick
Croissant	Hushpuppies
Doughnut	Regular granola
Muffin	Fried rice

Granola bar with >10 g sugar
 High sugar, low nutrition cereals
 Macaroni n' cheese
 Hard shell taco
 Buttered crackers
 Fried corn bread
 Buttered popcorn
 Flavored waffle/pancake



FRUITS



APPLE ● BANANA ● ORANGE ● GRAPES ● PINEAPPLE

How much per day?

Depending on the person, 2 or more servings.

You may need: _____

What counts as 1 serving?

1 medium fruit ● ½ cup chopped fresh, frozen or canned fruit ● ¼ cup dried fruit ● 4 ounce 100% fruit juice

ANYTIME

Fresh, frozen or canned fruit
with no sugar or fat added

Canned fruit in *water or own juice*
Unsweetened applesauce

Apples	Oranges
Bananas	Peaches
Blueberries	Pears
Cantaloupe	Pineapple
Grapes	Plums
Kiwi	Strawberries
Mango	Watermelon

SOMETIMES

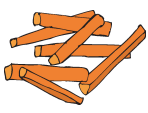
Reduced sugar, reduced sugar
preparation methods

Canned fruit in *light syrup*
 100% fruit juices
 Dried fruit
 Frozen fruit bar
 Sweetened applesauce
 Avocado

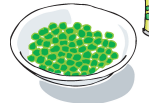
RARELY

Fruit with added sugar, fat
(butter), fried, candied

Canned fruit in *heavy syrup*
 High fat/sugar fruit chips
 (banana chips)
 Fruit cobbler
 Fruit pies
 Coconut
 Fried plantains



VEGETABLES



BROCCOLI ● TOMATO ● CARROT ● SQUASH ● GREENS

How much per day?

Depending on the person, 2 or more servings

You may need: _____

What counts as 1 serving?

1 cup raw leafy vegetable
● ½ cup chopped raw or cooked vegetable ● ½ cup vegetable juice

ANYTIME

Fresh, frozen or canned with *no* added fat/sugar/salt
Raw, steamed, boiled, grilled

Broccoli	Green beans
Carrots	Lettuce/Greens
Cabbage	Okra
Cauliflower	Peppers
Celery	Spinach
Collards	Squash
Cucumbers	Tomato

Salad with fat-free dressing

Starchy Vegetables: Baked potato, Homemade fries, Sweet potato, Corn, Lima beans, Sweet peas

SOMETIMES

Vegetables with low fat sauces (mayonnaise, dressings), little oil and low fat cooking methods

Oven-baked fries from frozen
Sautéed vegetables
Vegetables with low-fat cheese
Coleslaw with low-fat mayo
Potato salad with low-fat mayo

Salad with low-fat dressing

RARELY

Fried vegetables, added fat (lard, butter), high fat sauces (cheese, mayonnaise, cream)

French fries	Potato salad
Onion rings	Fried plantains
Tater tots	Fried okra
Hash browns	'Loaded' potato
Coleslaw	Candied yams

Fried veggie chips
Greens seasoned with fat/grease
Salad with regular dressing
Creamed corn, peas, spinach



DAIRY

MILK ● YOGURT ● CHEESE ● PUDDING



How much per day?

Depending the person, 2 to 3 servings.

You may need: _____

What counts as 1 serving?

1 cup milk ● 1 cup yogurt ● 1½ ounce cheese
● Amount listed on the Nutrition Facts Label

ANYTIME

Fat-free & 'Light' calcium sources

Skim milk
1% low-fat milk
Fat-free yogurt
Fat free cheese
Fat-free pudding
Fat-free cottage cheese
Skim lactose-free milk
Unsweetened, light soy/almond milk

SOMETIMES

Low-fat calcium sources

2% milk
1% chocolate milk
Low-fat cheese (2% milk)
Mozzarella cheese
Low-fat yogurt/pudding
Low-fat frozen yogurt
Low-fat cottage cheese
Low-fat ice cream
2% lactose-free milk
Unsweetened soy/almond milk
Yogurt drink or squeeze tube

RARELY

Full fat, sweetened dairy

Whole milk
Ice cream
Regular cheese
Pimento cheese
Cheese spread
Cottage cheese
Regular yogurt/pudding
Whole lactose-free milk
Sweetened, regular soy/almond milk



PROTEIN



BEANS ● EGGS ● FISH ● NUTS ● MEAT

How much per day?

Depending on the person, 2 to 7 ounce equivalent servings. **You may need:** _____

A deck of cards- or palm-sized portion of meat = 3oz

What counts as 1 serving? (an ounce equivalent)

1 ounce of meat, poultry or fish ● 1 egg ● ½ cup cooked beans ● ¼ cup nuts/seeds ● 2 Tbsp of peanut butter ● Amount listed on the Nutrition Facts ● 28g = 1oz = 1 serv

ANYTIME

Baked, grilled, broiled, boiled, steamed, or roasted; skinless

Skinless chicken	Turkey
Low fat ham/turkey	Tofu
Canned tuna (water)	Fish
Oven fried chicken	Venison
Low salt beans	Egg white
Edamame (green soybeans)	

Fat free refried beans
 Beans cooked from dried
 Baked, lightly breaded nuggets
 93/7 ground meat/turkey
 Chicken/tuna salad with FF mayo

SOMETIMES

Sautéed, pan fried, skin on poultry

Turkey bacon	Nuts/seeds
Turkey sausage	Baked beans
Peanut butter	Low-fat bologna
Eggs	Low-fat hot dog
	Chicken w/ skin

Low fat refried beans
 Regular canned beans
 Baked chicken nuggets (from frozen)
 90/10 fat ground meat/turkey
 Chicken/tuna salad with LF mayo

RARELY

Breaded and fried, fat/lard added, high fat content

Bacon	Salami/Pepperoni
Bologna	Fried chicken
Sausage	Canned tuna (oil)
Spam	Pork n' beans
Fried fish	Hot dogs/franks
Pork BBQ	Vienna sausages

Regular refried beans
 80/20 ground meat
 Fried/regular chicken nuggets
 Beans with fat/lard/bacon added
 Chicken/tuna salad with mayo



EXTRAS



SAUCES ● DRESSINGS ● DIPS ● BUTTER/OILS



How much per day? Aim for 100 or fewer calories

Servings are measured in **teaspoons or tablespoons**; check the Nutrition Facts Label

ANYTIME

Fat-free, sugar-free, low calorie

Fat-free mayo	Salsa
Cooking spray	Mustard
Fat-free dips	Vinegar
Sugar-free syrup	Hummus
Sandwich veggies	Lemon juice

Fat-free salad dressing
 Fat-free sour cream
 Fat-free cream cheese
 Fat-free whipped cream
 Fat-free butter flavoring
 Real fruit spread
 Fat-free yogurt topping/dip

SOMETIMES

Low-fat, 'light', & reduced sugar

Low fat mayo	Syrup/Honey
Ketchup	Croutons/Olives
BBQ sauce	Bacon bits
Jelly/jam	Low fat-dips
Low fat gravy	Guacamole

Low-fat salad dressing
 Low-fat sour cream
 Low-fat cream cheese
 Low-fat whipped cream
 Olive, vegetable, canola oil
 Vegetable oil spread
 Low-fat yogurt topping/dip

RARELY

High fat, sugar & calories

Mayonnaise	Butter
Meat grease	Lard
Fat back	Gravy
Shortening	Bacon
Regular Dip	Nutella

Regular salad dressing
 Regular sour cream
 Regular cream cheese
 Regular whipped cream
 Queso/cheese dip



SNACKS & SWEETS



FRUITS ● VEGETABLES ● CRACKERS ● CHIPS ● GRANOLA BAR

Why snack?

To refuel healthfully between meals, 1 to 3 times a day, planned in advance. Aim for 100-200 calories & 2 or more food groups

How much?

Check **Serving Size** on the Nutrition Facts Label and **have 1 serving**. To feel more full and satisfied include the nutrients protein and fiber.

ANYTIME

Fat-free & sugar-free; low calorie

Sugar-free jello	Apple
Goldfish crackers	Carrots
Animal crackers	Grapes
Low fat cheese	Celery
Low-fat popcorn	Banana
Plain pretzels	Orange

Green light fruit & vegetables
 Low fat, whole grain crackers
 Low sugar graham crackers
 Granola bar w/ 5-10 g sugar
 Fat-, sugar-free yogurt/pudding
 Baked chips (whole grain/potato)

SOMETIMES

Low-fat, 'light', & reduced sugar

Low fat crackers	Regular jello
Low fat cookies	Trail mix
Angel food cake	Veggie straws
Graham crackers	Raw nuts
Vanilla wafers	Peanut butter
Beef/turkey jerky	Dried fruit

Cereal/fruit bar
 Reduced fat nabs
 Salted/flavored pretzels
 Low-fat frozen yogurt/ice cream
 Low fat, 'Light' yogurt/pudding
 Granola bar w/ 5-10 g sugar

RARELY

Full fat, sugar & calories

Candy bars	Nabs
Honey buns	Cookies
Ice cream	Doughnuts
Poptarts	Snack cake/pie
Pork rinds	Butter crackers

Flavored/buttered soft pretzel
 Fruit snacks/chews
 Honey roasted, salted nuts
 Buttered or Caramel Popcorn
 Regular potato/tortilla chips
 Granola bar w/ >10 g sugar



WATER ● JUICE ● SODA ● TEA ● SPORTS DRINKS

DRINKS



How much per day?

Most need: 6 to 8 cups of water
Depending on the person: 0 to 8 ounces of 100% fruit juice, daily, may be okay

Check the Nutrition Facts Label for **Serving size**, **Servings per Container** and **Calories**. Drink calories can add up quickly; aim for ____ or less daily.

ANYTIME

0-10 calories in 8 ounce serving

Water
 'Diet' juice
 Unsweetened tea
 Naturally flavored water; lemon
 0 calorie sports drinks, "Zero"
 Sugar-free, 0-5 calorie packets

*Crystal Light & store brands,
 Propel Zero, Powerade Zero,
 Diet Green Tea, Mio,
 Diet Apple/Cranberry Juice
 Sugar-free Hawaiian Punch,
 Vitamin Water Zero,
 Diet Sparkling water*

SOMETIMES

10-60 calories in 8 ounce serving

100% fruit juice
 'No-sugar added' juice
 'Half sweet-half unsweet' tea
 Reduced sugar sports drinks
 Fat-free coffee drinks (skim milk)
 Diet soda

*Kool-aid Singles,
 Roaring Waters,
 Hawaiian Punch Light, G2,
 Diet V8 Splash*

RARELY

>60 calories in 8 ounce serving

Regular soda
 Fruit drink/punch
 Sweet tea
 Smoothie/Slushie
 Regular Sports/Energy drinks
 Frappe/Mocha coffee drinks (whip)

*Kool-aid, Gatorade, Sunny D, Hi-C,
 Snapple, Capri Sun, Hawaiian Punch,
 Arizona Tea, Country Time, Yoo-hoo
 Vitamin Water, V8 Fusion/Splash,
 Nectar concentrate*