Traffic Light Plan

Pennington Biomedical Greaux Healthy

The Traffic Light Plan helps us pick which foods to eat. It groups foods into the colors of the traffic light.

Color	Food Category
Green = Go! We can eat as much green foods as we want until we feel full. Whenever you eat a meal or snack, try to have a green food.	Non-Starchy Vegetables
	Whole Fruit (Fresh or Frozen)
Yellow = Slow Down! Most foods are yellow foods. They are an important part of a healthy diet. Measure yellow foods to help you eat how much you need and no more than that.	Whole Grains
	Lean Proteins
	Beans & Legumes
	Nuts & Seeds
	Low-Fat Dairy
	Starchy Vegetables
	Dried Fruit
Red = Stop and Think! Red foods usually do not have many nutrients and have more calories. Red foods can be part of a healthy diet but not eating much of them or as often is important to our health.	Fats & Oils
	High-Fat Dairy
	High-Fat Proteins
	Sugary Drinks & Juice
	Fried Foods
	Ultra-Processed, Packaged Foods & Desserts

For more information: www.greauxhealthy.org /greauxhealthyPB
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Food Category	Food Examples
Non-Starchy Vegetables	Asparagus, Beets, Broccoli, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Greens, Mushrooms, Okra, Onions, Peppers, Squash, Snap Peas, Tomatoes
Whole Fruit (Fresh or Frozen)	Apples, Bananas, Berries, Cantaloupe, Figs, Grapes, Mangoes, Oranges, Peaches, Pears, Pineapple, Plums, Satsumas, Watermelon
Whole Grains	Brown Rice, Oatmeal, Whole Wheat Bread, Whole Wheat Pasta
Lean Proteins	Pork Loin, Beef Tenderloin, 93/7 Ground Beef, Skinless Chicken and Turkey, Fish, Seafood, Eggs
Beans & Legumes	Black-Eyed Peas, Lentils, Chickpeas, Lima, White, Black, Pinto, Kidney, Navy, Soy
Nuts & Seeds	Almonds, Cashews, Peanuts, Peanut Butter, Pecans, Pistachios, Pumpkin Seeds, Sunflower Seeds, Walnuts
Low-Fat Dairy	Low-Fat or Non-Fat Milk, Yogurt, and Cheese
Starchy Vegetables	Corn, Green Peas, Parsnips, Plantains, Jicama, White Potatoes, Yams
Dried Fruit	Cranberries, Prunes, Raisins
Fats & Oils	Avocados; Mayonnaise; Oils: Olive, Canola, Vegetable, Peanut, Sunflower, Grapeseed
High-Fat Dairy	Sour Cream; Cream Cheese; Ice Cream; Butter; Full-Fat Milk, Yogurt, and Cheese
High-Fat Proteins	Sausage, Bacon, Hot Dogs, Fried Proteins
Sugary Drinks & Juice	Regular Soft Drinks, Sweetened Tea, Sweetened Coffee, Juice Drinks, Juice
Fried Foods	Fried Chicken, Fried Fish, French Fries, Potato Chips, Donuts
Ultra-Processed, Packaged Foods & Desserts	Candy, Sugary Cereal, Cake, Cookies, Pies, Brownies, Danishes, Donuts, Jams/Jellies

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