



Food Choices

***Green Choice** = ideal choice within moderation

***Yellow Choice** = ok choice within moderation

***Red Choice** = least ideal choice

CARBOHYDRATES

| Green | Yellow | Red |
|---------------|-------------------------|-----------------------|
| Acorn Squash | All-Bran Cereal | Baked Russet Potatoes |
| Black Beans | Apple | Candy |
| Butter Beans | Baked Beans | Cartoon Cereal |
| Broccoli | Banana | French Bread |
| Carrots | Brown Rice | French Fries |
| Cherries | Cheerios | Golden Grahams |
| Chick Peas | Cream of Wheat | Hashbrowns |
| Cucumbers | Fiber One Cereal | Mashed Potatoes |
| Egg Noodles | Grapes | Puffed Rice |
| Egg Plant | Green Peas | Refried Beans |
| Green Beans | Multi-Gran Bread | Sweetened Drinks |
| Kidney Beans | New Boiled Potatoes | White Bread |
| Lentils | Oat Bran | White Flour |
| Lettuce | Orange | White Rice |
| Mushroom | Pita Bread | |
| Nectarines | Raisins | |
| Whole Oatmeal | Rye Bread | |
| Onions | Special K Cereal | |
| Pears | Sweet Corn | |
| Plums | Sweet Potato | |
| Spinach | Tortillas | |
| Split Peas | Unsweetened Fruit Juice | |
| Summer Squash | Whole Gran Bread | |
| Yam | Whole Wheat Flour | |
| | Whole Wheat Pasta | |

Things to remember:

1. Incorporate fruits and vegetables when choosing carbohydrates. Put color on your plate!
2. Fresh produce is best.



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PROTEINS

| Green | Yellow | Red |
|---|--|--|
| Chicken Breast Cod Egg 90% Lean ground beef Lean ground turkey Low-fat Cottage Cheese Salmon Skim Milk Skinless white turkey Tilapia Tuna Tuna in water Yogurt from skim milk | 2% milk 85% lean ground beef Low-fat Cheese Low-fat Pudding Ricotta Cheese Skim Mozzarella Trimmed steak or pork Turkey Bacon or Sausage Turkey Bacon or Sausage | 75% lean ground beef Bacon Beef or Pork Ribs Chicken with skin Fried Chicken Fried Fish Ham on bone Ice Cream Regular Cheese Whole Eggs Whole Milk |

FATS

| Green | Yellow | Red |
|--|-----------------------|--|
| Almonds Avocado Olive Oil Walnuts | Natural Peanut Butter | Butter Candy Coconut Oils Coffee Creamer Fried Foods Low-fat Mayo Ranch Dressing Whipping Cream Whole Milk |