



TRAFFIC LIGHT EATING

GREEN LIGHT GROW FOODS EAT AS MUCH AS YOU WANT!



YELLOW LIGHT SLOW DOWN! EAT THESE FOODS IN MODERATION!



RED LIGHT STOP & THINK! WHAT IS A HEALTHIER ALTERNATIVE?



Avoid Foods that contain the following:
Hydrogenated or partial hydrogenated oil
High fructose corn syrup & Artificial Sweeteners: Aspartame, saccharin & sucralose
MSG incl. these: hydrolyzed vegetable protein, textured vegetable protein & yeast extract
Natural flavoring & food dyes