

TOPIC OF THE WEEK: DINING OUT & ENJOYING YOUR FOOD

What foods do you think of for each category?

- **Red Light Choices** – “Stop & think!”
- **Yellow Light Choices** – “Slow-down!”
- **Green Light Choices** – “Eat daily!”



Green Light Choices are foods that are not processed and manufactured. Green light choices are what your body needs for energy, what it needs the most, but we don't get enough of it in a typical American diet.

Yellow Light Choices these foods are yummy and can be eaten in moderation. Use your hand as a guide for the appropriate portion size.

Red Light Choices are delicious, but not the best for our bodies. Our bodies break this food down so quickly that we can't use all the energy immediately, therefore it ends up being stored in our body as fat. We probably eat more of these foods than we know in a typical American diet.

We want to make a choice, choose a substitution, or eat a smaller portion.

RULE OF THUMB-PACKAGED FOODS:

Packaged foods should have:

1. Less than 5 grams of sugar
2. Less than 5 grams of fat
3. At least 3 grams of fiber
4. Five ingredients or more, leave it at the store



TIPS FOR DINING OUT:

1. Look at the menu in advance to make healthy choices ahead of time.
2. Choose water instead of a sugary drink.
3. Start with veggies instead of bread or chips.
4. Make healthy dinner choices, avoid foods that are fried, battered, or breaded options.
5. Watch your portion sizes.
6. If possible, avoid buffets.

Most importantly, be kind to yourself and focus on making healthy choices.

GREEN LIGHT SNACK IDEAS FOR DURING AND AFTER SCHOOL:

- Edemame
- Hard boiled eggs
- Cheese sticks
- Handful of nuts
- Plain Greek yogurt (unflavored)
- Cottage cheese
- Individual serving of peanut butter
- Individual servings of hummus

Pair them with:

- Fresh fruit: Apple slices, Pears, grapes, etc.
- Fresh vegetables