

TRAFFIC LIGHT FOOD EATING METHOD

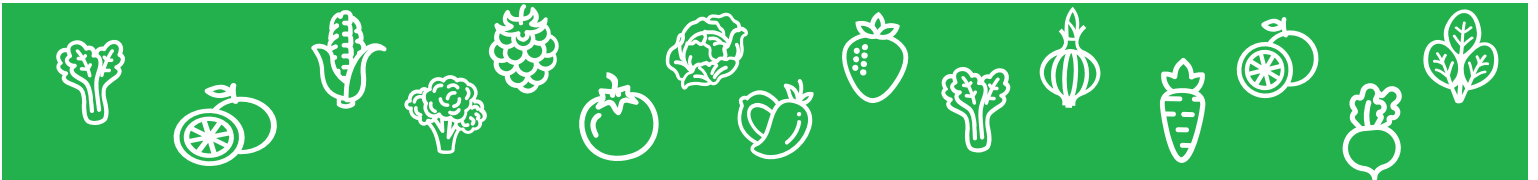


GO: Eat daily

SLOW: Eat in moderation

WHOA: Eat only once or twice a month

Fresh, low in calories, high in nutrients, colorful.



These foods are good to eat every day in moderation.



Low in nutrients, high in fat, trans-fats, sugar, artificial sweeteners.



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BREAKFAST

A veggie omelet and whole wheat bagel and fruit

Breakfast burrito with beans and cheese

Pita egg sandwich, hard-cooked egg and low-fat shredded cheese.

LUNCH

A tuna sandwich on whole wheat bread with small salad

Grilled Chicken Ranch Burgers* with salad or veggies

Mediterranean Pita Pizza* with cucumber, tomato salad.

Sources:

Grilled Chicken Ranch Burgers Recipe: How to Make It. <https://www.tasteofhome.com/recipes/grilled-chicken-ranch-burgers/>
Mediterranean Pita Pizza Recipe . Mediterranean Pita Pizza Recipe, By Kristine Caiafa, RD.<https://www.eatright.org/food/planning-and-prep/recipes/mediterranean-pita-pizza-recipe>