

TOPIC OF THE WEEK: DINING OUT & ENJOYING YOUR FOOD

What foods do you think of for each category?

- **Red Light Foods** – “Whoa!”
- **Yellow Light Foods** – “Slow!”
- **Green Light Foods** – “Go!”



Green Light foods are healthy food choices that give you energy to do all the activities you love to do, help you do well in school, and feel better overall. Such as vegetables.

Yellow Light foods are food choices that can be good for you when eaten occasionally in moderation. Such as peanut butter.

What about **Red Light** foods which should be avoided and only eaten very rarely? What are they? These are the foods that kids would probably choose on their own. Such as cookies, cakes, and candies.

Foods with less than 5 grams of sugar and 5 grams of fat may be a Yellow or Green Light Food. Red light foods are high in either sugar or fat or both.



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