

# The Stoplight Food Guide

DIRECTING YOU TO HEALTHIER FOOD & DRINK OPTIONS



## ANYTIME CHOICES (GO)

- Healthiest within each food group
- Lowest in fat, sugar and calories
- Highest in healthy nutrients-like vitamins, minerals and fiber
- Enjoy 2 or more from each food group, daily

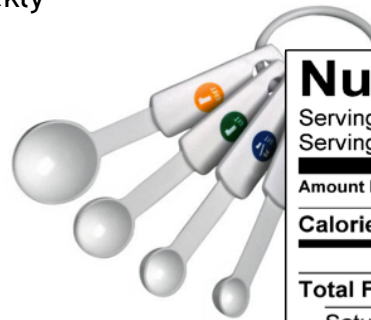
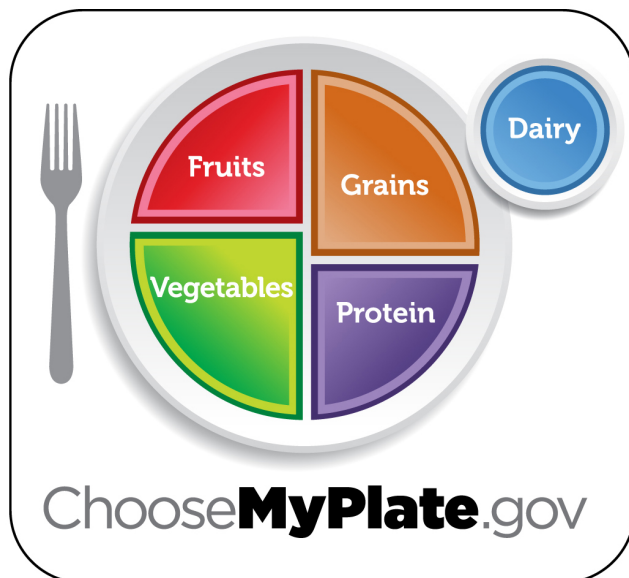
## SOMETIMES CHOICES (SLOW)

- Higher in fat, sugar and calories
- Lower in nutrition
- Aim for 0-1 serving from each food group, daily

## RARELY CHOICES (WHOA)

- Highest in fat, sugar and calories and
- Lowest in nutrition
- Save for special occasions; 1 or 2 from each food group, weekly

- Know the food groups
- Understand that each food group contains Go, Slow and Whoa choices
- Check the Nutrition Facts Label
- Measure or count out correct Serving Sizes



## Nutrition Facts

Serving Size 1/4 cup (30g)  
Servings Per Container about 11

Amount Per Serving

**Calories** 130    **Calories from Fat** 40

**% Daily Value\***

**Total Fat** 4.5g    **7%**

Saturated Fat 0g    **0%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

**Cholesterol** 0mg    **0%**

**Sodium** 35mg    **1%**

**Total Carbohydrate** 21g    **7%**

Dietary Fiber 3g    **12%**

Sugars 7g

**Protein** 3g

Vitamin A 0%    • Vitamin C 0%

Calcium 0%    • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



# GRAINS

BREAD ● RICE ● CEREAL ● PASTA ● CRACKERS



## How much per day?

Depending on the person, 5 to 12 servings.

You may need: \_\_\_\_\_

## What counts as a serving?

1 slice of bread ● 1 cup of cereal ● ½ cup of cooked rice, cereal or pasta ● ½ of bun, sub roll or bagel ● amount listed on the Nutrition Facts Label (~28g = 1 oz = 1 serving)

Look for *whole grain* as first listed on ingredient list

### ANYTIME

Per serving: 80-100 calories,  
2g or more fiber, 6g or less sugar

Plain oatmeal	Mini bagel
English muffin	Plain grits
Plain popcorn	Brown rice
Wheat crackers	Quinoa

Granola bar with <5 g sugar  
Unsweetened, whole grain cereal  
Whole wheat tortilla  
Whole wheat breads  
Whole wheat pasta  
Whole wheat waffle/pancake

### SOMETIMES

Per serving: 100-200 calories,  
1 or 2g fiber, 6-12g sugar

Pancake	Low-fat muffin
Waffle	Butter grits
Stuffing	Flavored rice
Noodles	Low-fat popcorn

Granola bar with 5-10 g sugar  
Cereal w/ dried fruit or frosting  
Low-fat (2%) Mac n' cheese  
Low-fat biscuit  
Corn/flour tortilla  
Flavored oatmeal  
Baked corn bread

### RARELY

Per serving: over 200 calories,  
Less than 1g fiber, over 12g sugar

Biscuits	Breadstick
Croissant	Hushpuppies
Doughnut	Regular granola
Muffin	Fried rice

Granola bar with >10 g sugar  
High sugar, low nutrition cereals  
Macaroni n' cheese  
Hard shell taco  
Buttered crackers  
Fried corn bread  
Buttered popcorn  
Flavored waffle/pancake



APPLE ● BANANA ● ORANGE ● GRAPES ● PINEAPPLE

# FRUITS



## How much per day?

Depending on the person, 2 or more servings.

You may need: \_\_\_\_\_

## What counts as a serving?

1 medium fruit ● ½ cup cut-up fresh, frozen or canned fruit ● ¼ cup dried fruit ● 4 ounce 100% fruit juice

### ANYTIME

Fresh, frozen or canned fruit  
with no sugar or fat added

Canned fruit in *water or own juice*  
Unsweetened applesauce

Apples	Oranges
Bananas	Peaches
Blueberries	Pears
Cantaloupe	Pineapple
Grapes	Plums
Kiwi	Strawberries
Mango	Watermelon

### SOMETIMES

Reduced sugar, reduced sugar  
preparation methods

Canned fruit in *light* syrup  
100% fruit juices  
Dried fruit  
Frozen fruit bar  
Sweetened applesauce  
Avocado

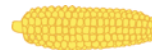
### RARELY

Fruit with added sugar, fat  
(butter), fried, candied

Canned fruit in *heavy* syrup  
High fat/sugar fruit chips  
(banana chips)  
Fruit cobbler  
Fruit pies  
Coconut  
Fried plantains



# VEGETABLES



BROCCOLI ● TOMATO ● CARROT ● SQUASH ● GREENS

## How much per day?

Depending on the person, 2 or more servings

You may need: \_\_\_\_\_

## What counts as a serving?

1 cup raw leafy vegetable  
● ½ cup cut-up raw or cooked vegetable ● ½ cup vegetable juice

### ANYTIME

Fresh, frozen or canned with *no* added fat/sugar/salt  
Raw, steamed, boiled, grilled

Broccoli	Green beans
Carrots	Lettuce/Greens
Cabbage	Okra
Cauliflower	Peppers
Celery	Spinach
Collards	Squash
Cucumbers	Tomato

Salad with fat-free dressing

*Starchy Vegetables:* Baked potato, Homemade fries, Sweet potato, Corn, Lima beans, Sweet peas

### SOMETIMES

Vegetables with low fat sauces (mayonnaise, dressings), little oil and low fat cooking methods

Oven-baked fries from frozen  
Sautéed vegetables  
Vegetables with low-fat cheese  
Coleslaw with low-fat mayo  
Potato salad with low-fat mayo

Salad with low-fat dressing

### RARELY

Fried vegetables, added fat (lard, butter), high fat sauces (cheese, mayonnaise, cream)

French fries	Potato salad
Onion rings	Fried plantains
Tater tots	Fried okra
Hash browns	'Loaded' potato
Coleslaw	Candied yams

Fried veggie chips  
Greens seasoned with fat/grease  
Salad with regular dressing  
Creamed corn, peas, spinach



# DAIRY

MILK ● YOGURT ● CHEESE ● PUDDING



## How much per day?

Depending the person, 2 to 3 servings.

You may need: \_\_\_\_\_

## What counts as a serving?

1 cup milk ● 1 cup yogurt ● 1½ ounce cheese  
● Amount listed on the Nutrition Facts Label

### ANYTIME

Fat-free & 'Light' calcium sources

Skim milk  
1% low-fat milk  
Fat-free yogurt  
Fat free cheese  
Fat-free pudding  
Fat-free cottage cheese  
Skim lactose-free milk  
Unsweetened, light soy/almond milk

### SOMETIMES

Low-fat calcium sources

2% milk  
1% chocolate milk  
Low-fat cheese (2% milk)  
Mozzarella cheese  
Low-fat yogurt/pudding  
Low-fat frozen yogurt  
Low-fat cottage cheese  
Low-fat ice cream  
2% lactose-free milk  
Unsweetened soy/almond milk  
Yogurt drink or squeeze tube

### RARELY

Full fat, sweetened dairy

Whole milk  
Ice cream  
Regular cheese  
Pimento cheese  
Cheese spread  
Cottage cheese  
Regular yogurt/pudding  
Whole lactose-free milk  
Sweetened, regular soy/almond milk



# PROTEIN



BEANS ● EGGS ● FISH ● NUTS ● MEAT

**How much per day?**

Depending on the person, 2 to 7 ounce equivalents

**You may need: \_\_\_\_\_**

Remember: a palm-sized portion of meat= 3oz

Servings are measured in **ounce equivalents**:

What counts as an ounce?

1 ounce of meat, poultry or fish ● 1 egg ● ½ c. cooked beans ● ¼ c. nut or seeds ● 1 Tbsp of peanut butter ● Amount listed on the Nutrition Facts Label

## ANYTIME

Baked, grilled, broiled, boiled, steamed, or roasted; skinless

Skinless chicken	Turkey
Low fat ham/turkey	Tofu
Canned tuna (water)	Fish
Oven fried chicken	Venison
Low salt beans	Egg white
Natural peanut butter	

Fat free refried beans  
 Beans cooked from dried  
 Baked, lightly breaded nuggets  
 93/7 ground meat/turkey  
 Chicken/tuna salad with FF mayo

## SOMETIMES

Sautéed, pan fried, skin on poultry

Turkey bacon	Nuts/seeds
Turkey sausage	Baked beans
Peanut butter	Low-fat bologna
Eggs	Low-fat hot dog
	Chicken w/ skin

Low fat refried beans  
 Regular canned beans  
 Baked chicken nuggets (from frozen)  
 90/10 fat ground meat/turkey  
 Chicken/tuna salad with LF mayo

## RARELY

Breaded and fried, fat/lard added, high fat content

Bacon	Salami/Pepperoni
Bologna	Fried chicken
Sausage	Canned tuna (oil)
Spam	Pork n' beans
Fried fish	Hot dogs/franks
Pork BBQ	Vienna sausages

Regular refried beans  
 80/20 ground meat  
 Fried/regular chicken nuggets  
 Beans with fat/lard/bacon added  
 Chicken/tuna salad with mayo



# EXTRAS



SAUCES ● DRESSINGS ● DIPS ● BUTTER/OILS

**How much per day?** Aim for 100 or fewer calories

Servings are measured in **teaspoons or tablespoons**; check the Nutrition Facts Label

## ANYTIME

Fat-free, sugar-free, low calorie

Fat-free mayo	Salsa
Cooking spray	Mustard
Fat-free dips	Vinegar
Sugar-free syrup	Hummus
Sandwich veggies	Lemon juice

Fat-free salad dressing  
 Fat-free sour cream  
 Fat-free cream cheese  
 Fat-free whipped cream  
 Fat-free butter flavoring  
 Real fruit spread  
 Fat-free yogurt topping/dip

## SOMETIMES

Low-fat, 'light', & reduced sugar

Low fat mayo	Syrup/Honey
Ketchup	Croutons/Olives
BBQ sauce	Bacon bits
Jelly/jam	Low fat-dips
Low fat gravy	Guacamole

Low-fat salad dressing  
 Low-fat sour cream  
 Low-fat cream cheese  
 Low-fat whipped cream  
 Olive, vegetable, canola oil  
 Vegetable oil spread  
 Low-fat yogurt topping/dip

## RARELY

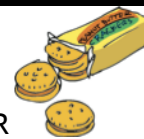
High fat, sugar & calories

Mayonnaise	Butter
Meat grease	Lard
Fat back	Gravy
Shortening	Bacon
Regular Dip	Nutella

Regular salad dressing  
 Regular sour cream  
 Regular cream cheese  
 Regular whipped cream  
 Queso/cheese dip



# SNACKS & SWEETS



FRUITS ● VEGETABLES ● CRACKERS ● CHIPS ● GRANOLA BAR

## When to snack?

To refuel healthfully between meals, 1 to 3 times a day, planned in advance. Aim for 100-200 calories & 2 or more food groups

## How much?

Check Serving size on the Nutrition Facts Label, measure or count out a correct serving

### ANYTIME

Fat-free & sugar-free; low calorie

Sugar-free jello	Apple
Goldfish crackers	Carrots
Animal crackers	Grapes
Low fat cheese	Celery
Low-fat popcorn	Banana
Plain pretzels	Orange

Low sugar grahams  
Whole grain crackers  
Sugar-free popsicles  
Fat-free, sugar-free pudding  
Baked potato/tortilla chips  
Green light fruit & vegetables

### SOMETIMES

Low-fat, 'light', & reduced sugar

Low fat crackers	Regular jello
Low fat cookies	Baked chips
Angel food cake	Trail mix
Graham crackers	Veggie straws
Vanilla wafers	Natural nuts
Beef/turkey jerky	

Reduced fat nabs  
Flavored/buttered pretzels  
Low-fat frozen yogurt/ice cream  
Low fat, 'Light' yogurt/pudding  
Granola bar w/ 5-10 g sugar

### RARELY

Full fat, sugar & calories

Candy bars	Nabs
Honey buns	Cookies
Ice cream	Doughnuts
Poptarts	Snack cake/pie
Pork rinds	Butter crackers

Fruit snacks/chews  
Honey roasted, salted nuts  
Buttered or Caramel Popcorn  
Regular potato/tortilla chips  
Granola bar w/ >10 g sugar



# DRINKS

WATER ● JUICE ● SODA ● TEA ● SPORTS DRINKS



## How much per day?

Most need: 6 to 8 cups of water  
Depending on the person: 0 to 8 ounces of 100% juice may be okay

Check the Nutrition Facts Label for Serving size, Servings per container and calories. Remember these calories add up; aim for \_\_\_\_ or fewer daily.

### ANYTIME

0-10 calories in 8 ounce serving

Water  
'Diet' juice  
Unsweetened tea  
Naturally flavored water; lemon  
0 calorie sports drinks, "Zero"  
Sugar-free, 0-5 calorie packets

*Crystal Light & store brands,  
Propel Zero, Powerade Zero,  
Diet Green Tea, Mio,  
Diet Apple/Cranberry Juice  
Sugar-free Hawaiian Punch,  
Vitamin Water Zero,  
Diet Sparkling water*

### SOMETIMES

10-60 calories in 8 ounce serving

100% fruit juice  
'No-sugar added' juice  
'Half sweet-half unsweet' tea  
Reduced sugar sports drinks  
'Skinny' coffee drinks (skim milk)  
Diet soda

*Kool-aid Singles,  
Roaring Waters,  
Hawaiian Punch Light, G2,  
Diet V8 Splash*

### RARELY

>60 calories in 8 ounce serving

Regular soda  
Fruit drink/punch  
Sweet tea  
Smoothie/Slushie  
Regular Sports/Energy drinks  
Frappe/Mocha coffee drinks (whip)

*Kool-aid, Gatorade, Sunny D, Hi-C,  
Snapple, Capri Sun, Hawaiian Punch,  
Arizona Tea, Country Time, Yoohoo  
Vitamin Water, V8 Fusion/Splash,  
Nectar concentrate*