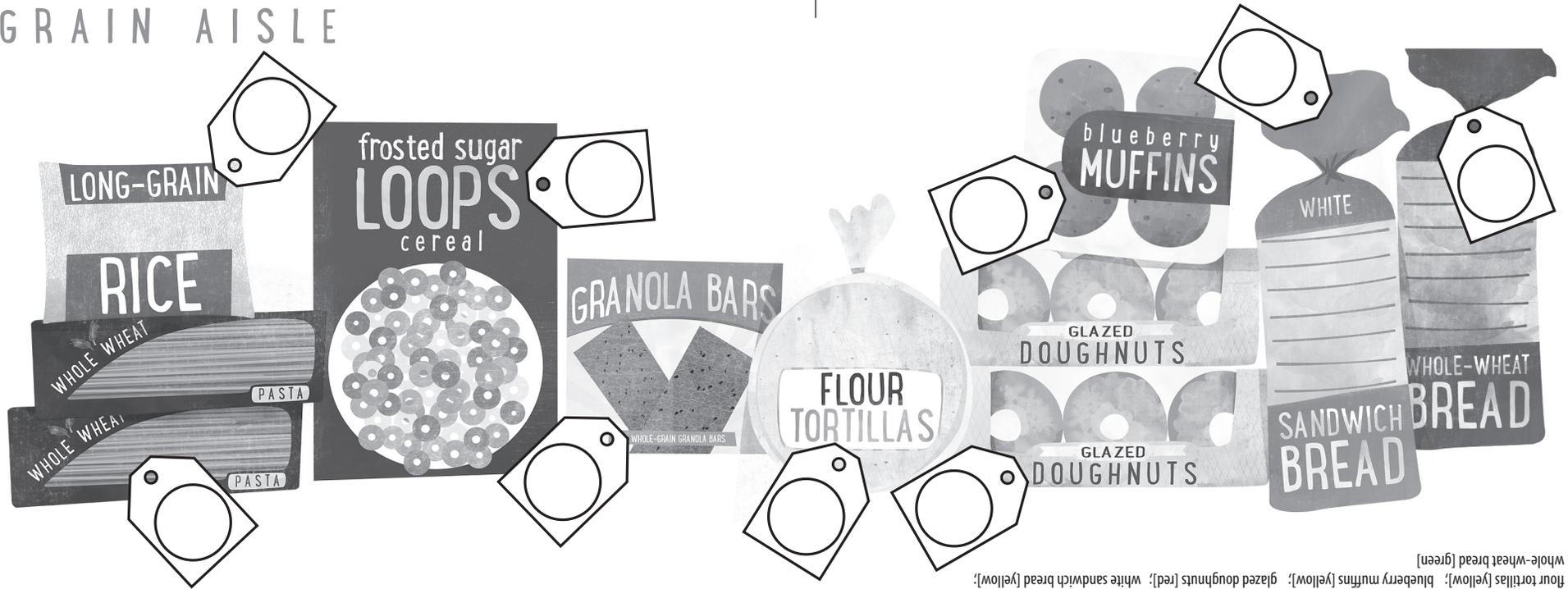


GROCERY STORE STOPLIGHT GAME

A grocery store is full of options, but not all of them are healthy for your growing body. Can you choose foods that are not only tasty but nutritious, too?

In each aisle, guess whether the foods you see are green-light foods, yellow-light foods or red-light foods, and color each food tag red, yellow or green.

GRAIN AISLE



Green-light foods are filled with nutrients that help keep your body strong and healthy. These foods are the best choice for nutritious meals and snacks. Think of green-light foods as “go right ahead” foods!

Yellow-light foods have some nutrients, but not enough to give your body everything it needs to stay energized and healthy. Yellow-light foods should be enjoyed in smaller portions.

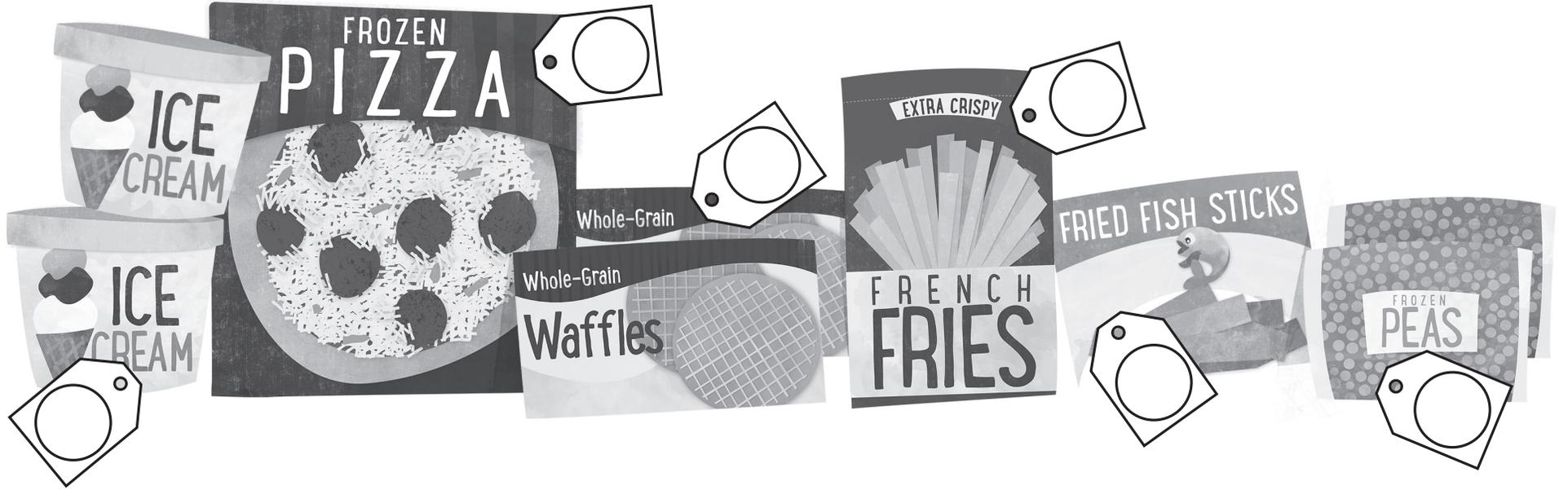
Red-light foods have little to no nutrients, and they are often full of too much sugar, salt or unhealthy fat. These foods provide an occasional tasty treat but shouldn't be a main part of your daily meals or snacks.

grain aisle: long-grain brown rice [green]; whole-wheat pasta [green]; frosted sugar loops cereal [red]; granola bars [yellow]; flour tortillas [yellow]; blueberry muffins [yellow]; glazed doughnuts [red]; white sandwich bread [yellow]; whole-wheat bread [green]

SNACK AISLE

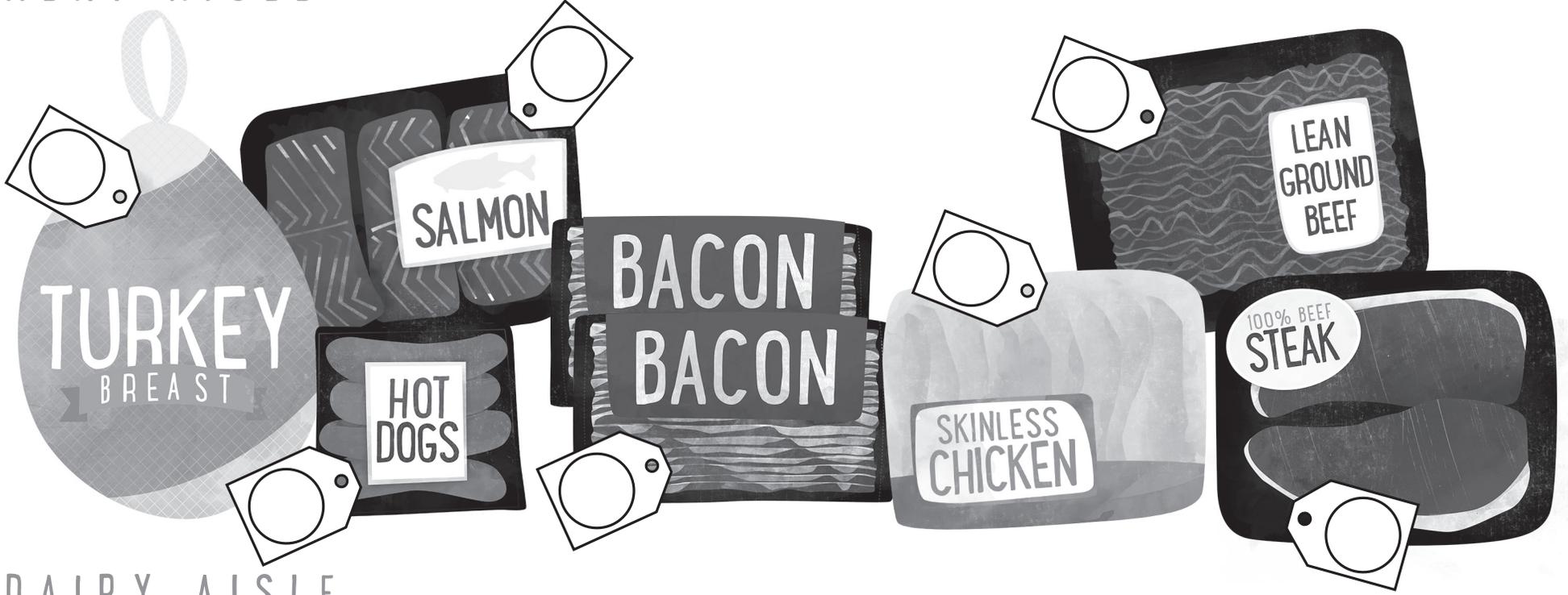


FROZEN FOOD AISLE

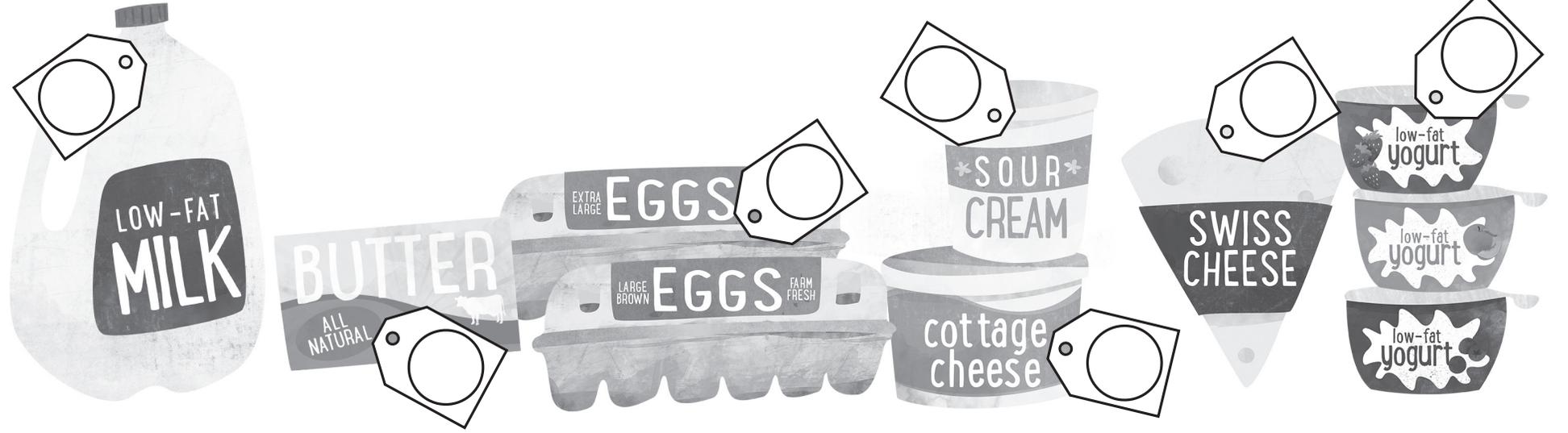


Snack aisle: cola [red]; apple juice [red]; candy [red]; energy drinks [red]; raw nuts [green]; pretzels [yellow]; potato chips [red] (for a green-light alternative, enjoy some air-popped popcorn instead); puffy cheese balls [red]
 Frozen food aisle: ice cream [red] (for a yellow-light alternative, try frozen yogurt); pizza [red]; whole-grain waffles [green]; french fries [red]; french fries [red]; fried fish sticks [red]; frozen peas [green]

MEAT AISLE



DAIRY AISLE



Meat aisle: turkey breast [green]; salmon [green]; hot dogs [green]; lean ground beef [yellow]; steak [yellow]
 Dairy aisle: low-fat milk [green]; butter [yellow]; eggs [yellow]; sour cream [yellow] (for a green-light alternative, choose fat-free sour cream instead); cottage cheese [yellow] (for a green-light alternative, choose low-fat cottage cheese instead); Swiss cheese [yellow]; low-fat yogurt [green]