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.

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.
**SNACK AISLE**

- Cola
- Apple juice
- Candy
- Energy drinks
- Raw nuts
- Pretzels
- Potato chips
- Cheese balls

**FROZEN FOOD AISLE**

- Ice cream
- Pizza
- Whole-grain waffles
- French fries
- Fried fish sticks
- Frozen peas
Meat aisle:
- turkey breast [green]
- salmon [green]
- hot dogs [red]
- bacon [red]
- skinless chicken [green]
- lean ground beef [yellow]
- steak [yellow]

Dairy aisle:
- low-fat milk [green]
- butter [yellow]
- eggs [yellow]
- sour cream [yellow]
- swiss cheese [yellow]
- low-fat yogurt [green]
- cottage cheese [yellow]