

Go, Slow, & Whoa: What Should I Know?

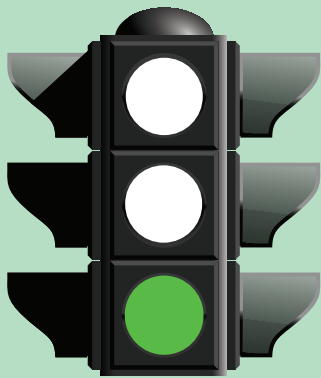


Just like the traffic light, you can recognize foods that are the smartest choices.

Go: Go ahead, eat these foods as often as you want.

Slow: Eat these foods less often, carefully.

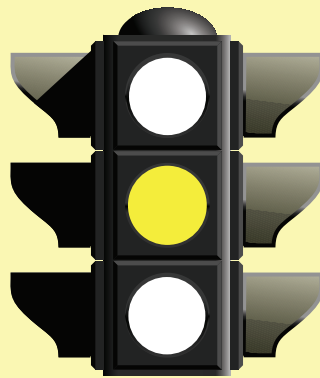
Whoa: Stop! Eat these foods the least often.



Green Light Foods

**Eat almost any time
(Most often)**

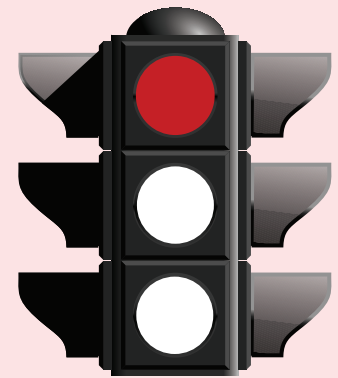
They are lowest in fat, added sugar, and calories.



Yellow Light Foods

**Eat sometimes
(Less often)**

They are higher in fat, added sugar, and/or calories.



Red Light Foods

**Eat once in a while
(Least often)**

They are very high in fat, and/or added sugar, and much higher in calories.



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