

**Think Your
Snack Food**



Carrots



Popcorn



Chips

Snack Choices

Which snack is a green-light choice?

Which snack is a yellow-light choice?

Which snack is a red-light choice?



Carrots



Popcorn



Chips

Snack Choices

Carrots are a green-light snack choice. Go for it!
Popcorn is a yellow-light snack choice.
Chips are a red-light snack choice.



Soda



Milk



Fruit juice

Snack Choices

Which snack is a green-light choice?

Which snack is a yellow-light choice?

Which snack is a red-light choice?



Soda



Milk



Fruit juice

Snack Choices

Milk is a green-light snack choice. Go for it!
Fruit juice is a yellow-light snack choice.
Soda is a red-light snack choice.



Juice Bar



Fruit



Candy

Snack Choices

Which snack is a green-light choice?

Which snack is a yellow-light choice?

Which snack is a red-light choice?



Juice Bar



Fruit



Candy

Snack Choices

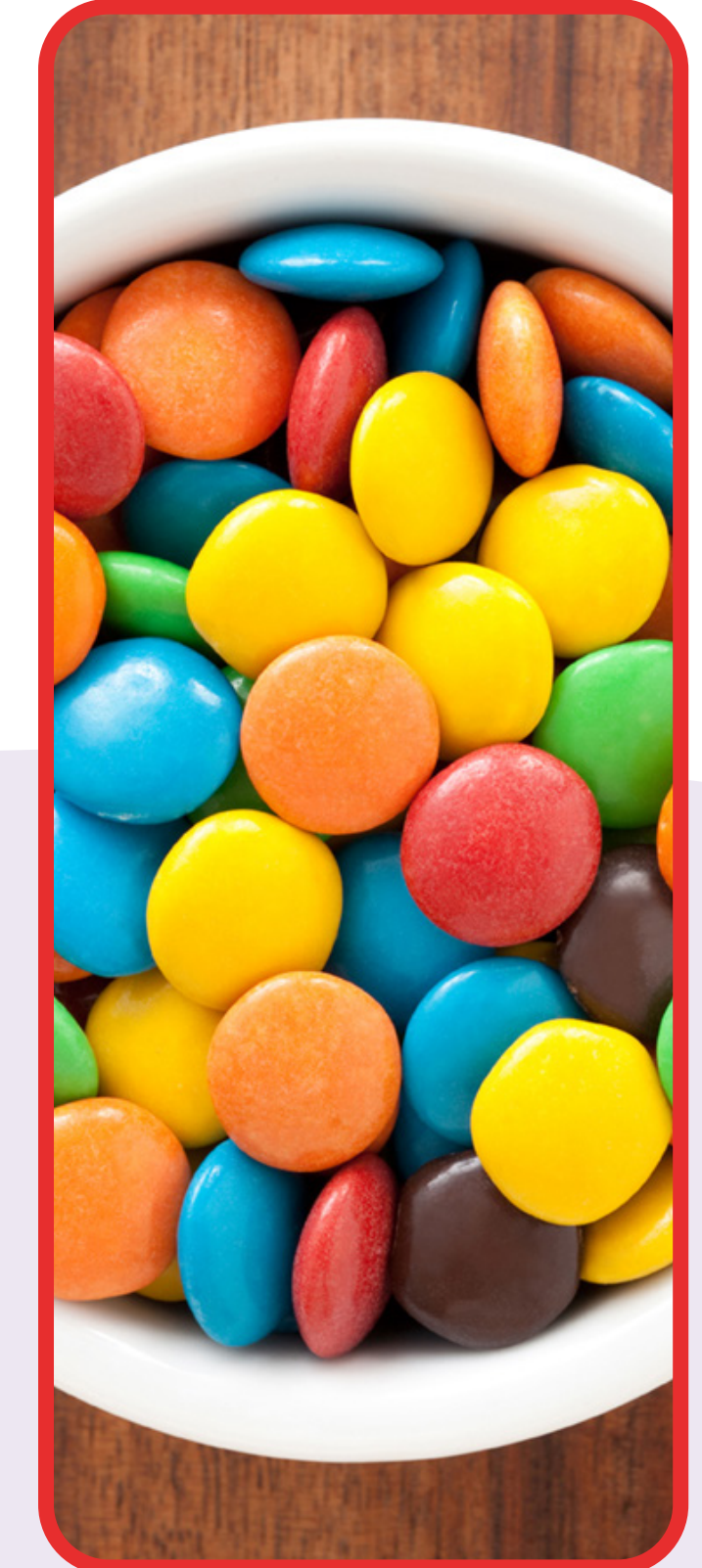
Fruit is a green-light snack choice. Go for it!

Juice Bar is a yellow-light snack choice.

Candy and sweets are a red-light snack choice.

Snack Choices

Which snack choices are the most nutritious?





These foods are the least nutritious. While it's okay to have a red-light food once in a while, you should choose red-light foods least often.



These foods do not keep you fueled up the same way green-light foods do. Eat them sometimes.

Eat More Green-Light Foods!

Green-light foods have the most nutrition for energy and growth, so eat them often!



Did you know? The most nutritious snacks have a short ingredient list! Choose fruit, vegetables, water, or milk!



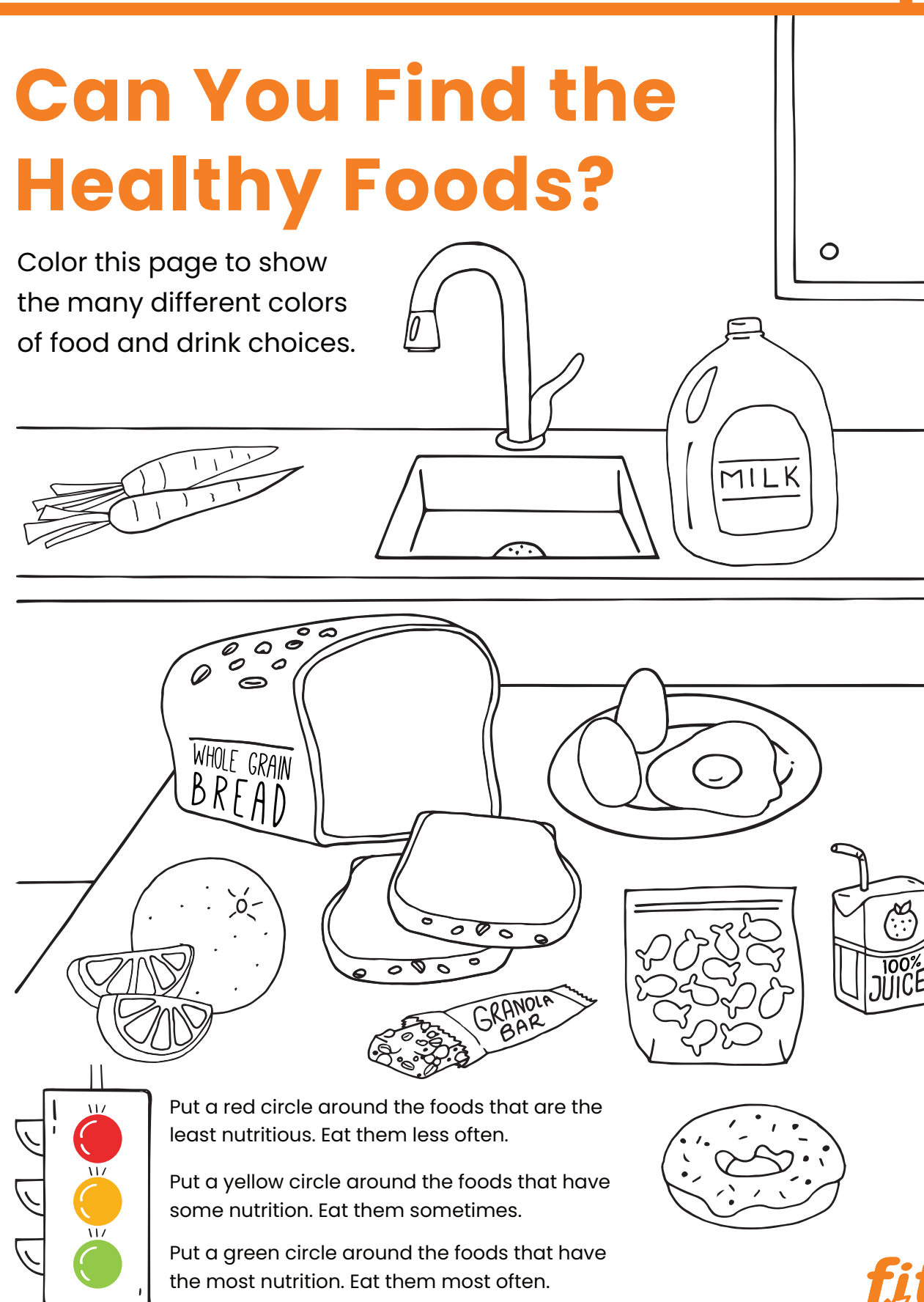
WHICH GREEN-LIGHT SNACK CHOICES ARE YOUR FAVORITES?

Can you find nutritious snacks?

Use the stoplight tool to find green-light, yellow-light, and red-light snack choices.

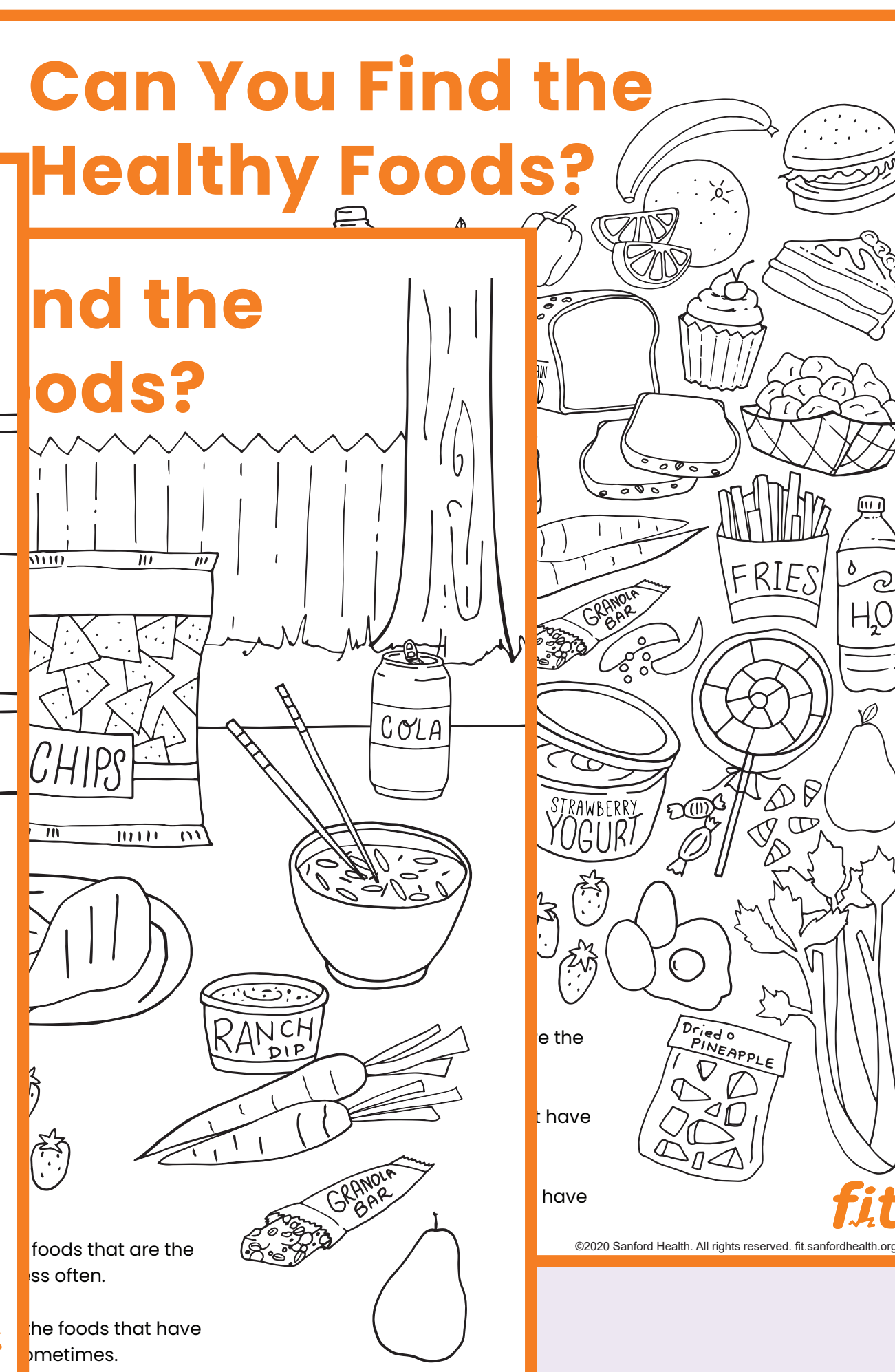
Can You Find the Healthy Foods?

Color this page to show the many different colors of food and drink choices.



Can You Find the Healthy Foods?

Find the Foods?



Put a green circle around the foods that have the most nutrition. Eat them most often.

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