

Which meal is a green-light choice? Which meal is a yellow-light choice? Which meal is a red-light choice?







Green-light foods:

Chicken + brown rice + green beans + milk









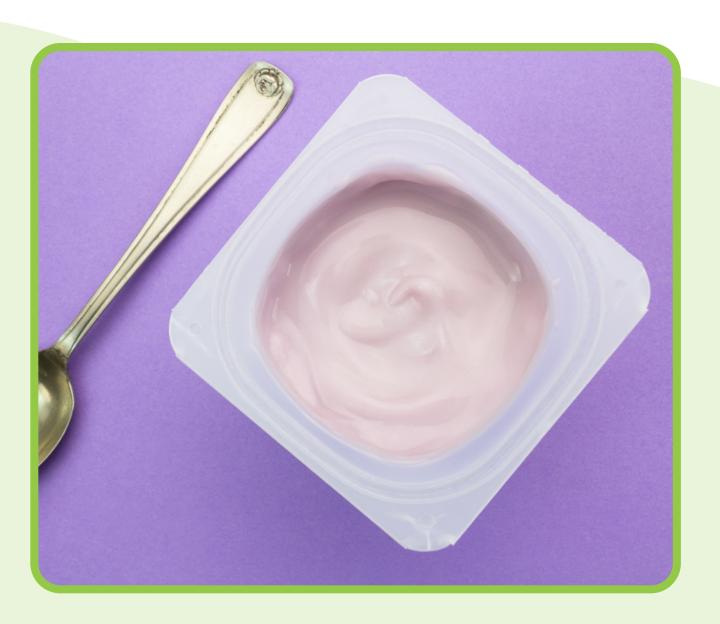


#### Yellow-light foods:

Peanut butter + jelly + white bread + flavored yogurt + granola bar









Red-light foods:

Hot dog in bun + chips + soda + cookie













Choose whole-grain foods.



Choose baked or grilled foods.



Skip adding sugar or butter to your food.





Green-light food choices are the most nutritious fuel for your body and brain!





