



# Mealtime Food



# Meal Choices

Which meal is a green-light choice?

Which meal is a yellow-light choice?

Which meal is a red-light choice?





# Meal Choices

**Green-light** foods:

Chicken + brown rice + green beans + milk

Eat most  
often





# Meal Choices

## Yellow-light foods:

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

Eat  
sometimes





# Meal Choices

**Red-light** foods:

Hot dog in bun + chips + soda + cookie

Eat least  
often





# Meal Choices

Remember to choose nutritious, **green-light** foods most often!





# Think Your Food

Choose whole-grain foods.





# Think Your Food

Choose baked or grilled foods.





# Think Your Food

Skip adding sugar or butter to your food.





# Think Your Food

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



**WHICH NUTRITIOUS FOODS WILL YOU  
CHOOSE AT YOUR NEXT MEAL?**



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