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?
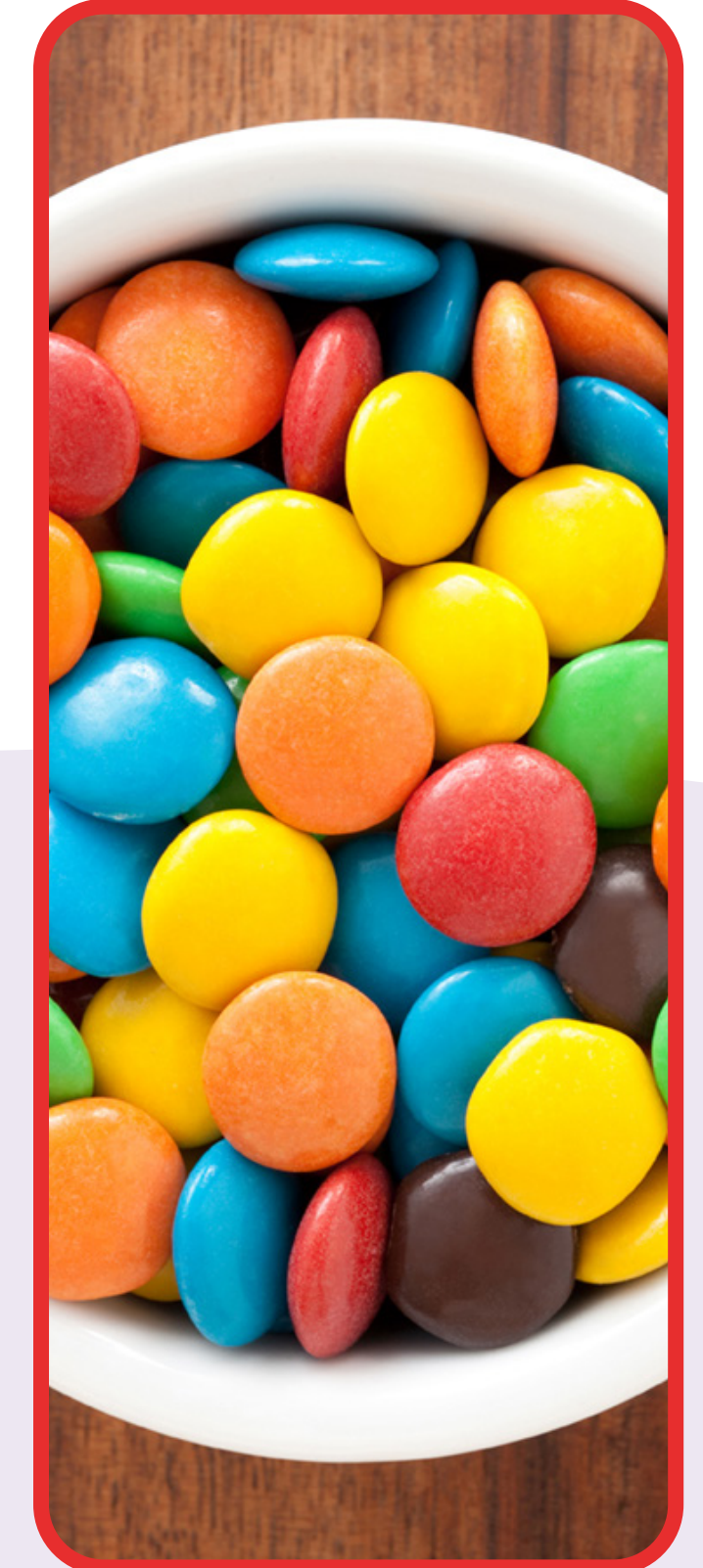**Which snack is a red-light choice?**

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?

Plan Your Snacks

Write or draw the different snack choices.

Which will you choose for your next snack?

Remember that milk and water are green-light choices!

Name _____

Snack Choices

Think about a stoplight when making food choices. Green-light foods give your body and brain the most fuel—eat more! Yellow-light foods give you a little fuel, eat some. Red-light foods have little nutritional value—eat less. Show a snack choice in each box below. Which choice is the best choice for your body and brain?

Eat More

Eat Some

Eat Less