**GREEN LIGHT**: Everyday Foods

**YELLOW LIGHT**: Sometimes Foods (2-3 times a week)

**RED LIGHT**: Once in a While Foods (2-3 times a month)

**STOPLIGHT EATING**
STOPLIGHT EATING

Red Food Examples
- Candy
- Capri Sun
- Cheetos
- Chips
- Cookie/Cake
- Fast Food
- French Fries
- Frozen Yogurt
- Gatorade
- Horchata
- Ice Cream
- Milkshakes
- Pan de Dulce
- Pastries
- Soda
- Sunny Delight
- Tampico

Yellow Food Example
- Agua de Fresca
- Chocolate Milk
- Graham Crackers
- Granola Grain Bars
- Juice
- Pancakes
- Pretzels
- Smoothies
- Sweetened Cereal
- Yakult
- Yogurt (Flavored)

Green Food Examples
- Fruits
- Lean Protein (beans, beef, chicken, eggs, fish, nuts)
- Low or Non Fat Milk, Plain Yogurt, Cheese
- Vegetables
- Whole Grains

Goals:
- Eat Green Foods Everyday
- Limit Yellow foods to 2-3 times per week
- Limit Red Foods to 2-3 times per month
- Limit Screen Time to: _______ hours per day
- Be Active for at least: _______ hour(s) a day
- Follow up appointment _______ with _______
- OTHER: __________________________

For more information schedule a visit with a Registered Dietitian by talking to your Provider or calling your local Health Care Center.

Carpinteria Health Care Center 805-560-1050
Franklin Health Care Center 805-568-2099
Lompoc Health Care Center 805-737-6400
Santa Barbara Health Care Center 805-681-5488
Santa Maria Health Care Center 805-346-7230