



TRAFFIC LIGHT FOOD GUIDE

Your Easy Guide to Healthy Food Choices

thelunchboxclub.co.nz

GREEN

GO FOR IT!

Eat these foods as part of every meal, every day! These foods offer the best balance of nutrients and energy and are higher in essential Vitamins, Minerals and Fiber

COMMON FOOD GROUPS

- Fruit & Vegetables
- Lean Meat & Fish
- Eggs, Nuts & Seeds, Beans & Lentils
- Wholegrain Bread, Cereal, Rice & Pasta
- Reduced Fat Dairy Products
- Water & Milk

EXAMPLES Low Fat Yogurt, Colby & Edam Cheese, Wholegrain Sandwich, Porridge, Natural Muesli, Chickpeas, Baked Beans, Tinned Fruit in Juice, Tinned Tuna in Water, Fresh or Frozen Fruit & Veges, Beef, Pork or Lamb trimmed of visible fat, Skinless Chicken



ORANGE

GO EASY!

Eat these foods with some meals, but not every meal, and definitely not every day! Too much or too often can be unhealthy. Enjoy small serving sizes.

COMMON FOOD GROUPS

- Processed Meat with reduced fat & salt
- Refined & Processed Bread & Cereal
- Full Fat Dairy Products
- Reduced fat/sugar Cakes, Muffins, Slices & Biscuits
- Reduced fat Flavored Milk & Fruit Juice with no added sugar

EXAMPLES Ham, Bacon, Pastrami, Processed Breakfast Cereals, White Bread, Taco Shells, Tasty Cheese, Fruit Bread, Fruit Scones, Homemade Pancakes, Plain Sweet Biscuits, Custard



RED

WHOA!

Before you eat, think "should I eat that?" Try to eat these foods only once a week! They are the most likely to cause health problems, especially if you eat them all the time.

COMMON FOOD GROUPS

- Deep Fried Foods & Processed Potato Dishes
- Processed Meat with high fat content
- Dairy-based Dessert Products
- Cakes, Muffins, Slices & Biscuits
- Sweet & Savory Pastry Products
- Chocolate, Confectionery & Sugary Drinks

EXAMPLES Hot Chips, Sausages, Salsami, Luncheon, Pies, Hot Dogs, Chicken Nuggets, Potato Chips, Salty Savory Snacks, Chocolate Cake, Muffins, Muesli Bars, Donuts, Camembert, Fizzy Drinks



TIPS

- 1 More than half your daily food choices should come from Green foods.
- 2 Aim for a minimum of 3 Vegetable Servings & 2 Fruit Servings everyday.
- 3 Make Orange or Red foods healthier by adding Green foods.
- 4 Enjoy small serving sizes of Orange & Red foods.



Traffic Light Diet

L Reisser



Traffic Light Diet:

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