

Red Light Foods

Stop—think before you eat! These foods should be limited, portioned, and swapped for a green or yellow food item if possible.

Protein

- Bacon
- Beef Jerky
- Cold Cuts: Bologna, Sliced Ham, Salami
- Flavored Yogurt
- Fish Sticks (Breaded/Deep Fried)
- Fried Chicken
- Fried Fish
- Grain Fed Meats
- Hot Dog
- Pepperoni
- Processed Cheese
- Sausage
- Spam

Refined Grains

- Bagel
- Breadcrumbs
- Bread or Buns (White)
- Corn Bread
- Corn Chips
- Couscous
- Croutons
- English Muffin
- Flavored Oatmeal
- Mac and Cheese
- Pasta (White)
- Pizza
- Quick/Instant Oats
- Rice (White)
- Tortilla/Wrap

Baked Goods

- Biscuits
- Brownies
- Cake
- Cookies
- Croissants
- Doughnuts
- French Toast
- Muffins
- Pancakes
- Pie

Carbohydrates

- Pretzels
- Waffles

Pre-Packaged Foods

- Candy/Gummies
- Canned Fruit in Syrup
- Commercial Granola or Cereal Bar
- Commercial Chips or Popcorn
- Crackers
- Dried Fruit
- Flavored Frozen Yogurt
- High Sugar Cereals
- Hot Chocolate Mix
- Ice Cream/Gelato
- Marshmallows
- Milk/White Chocolate Bars
- Popsicle
- Pudding
- Sherbet

Sweeteners/Additives

- Artificial
- Brown Sugar
- Corn Syrup
- Frosting
- Jam (including Low-Sugar)
- Pasteurized Honey
- Powdered Sugar

Fats

- Cheese Spread
- Commercial Peanut Butter
- Cream Cheese
- Creamy Salad Dressing
- Flavored/Salted Nuts or Seeds
- Fries
- Lard
- Margarine
- Mayonnaise
- Oil: Canola, Vegetable, Palm
- Shortening
- Table Cream
- Whipped Cream



Yellow Light Foods

Go slow and proceed with caution!
These foods are OK to eat in moderation.

Protein

- Cottage Cheese
- Deli Turkey or Chicken (Nitrate-Free or Low-Sodium)
- Grass Fed Beef
- Grass Fed Lamb
- Grass Fed Pork
- Ricotta Cheese
- Turkey Bacon
- Veal

Carbohydrates

Whole Grains

- Amaranth
- Barley
- Bread (Whole Grain)
- Brown Rice
- Buckwheat
- Pasta (Whole Grain)
- Quinoa
- Rolled Oats
- Teff
- Wild Rice

High-Sugar Fruit

- Banana
- Grapes
- Mango
- Melon
- Papaya
- Pineapple

Starchy Vegetables

- Beets
- Corn
- Green Peas
- Parsnip
- Plantain
- Potato
- Pumpkin
- Sweet Potato
- Winter Squash

Fats

- Butter
- Cheese: Cheddar, Havarti, Goat, Feta, Swiss
- Coconut
- Sour Cream



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Green Light Foods

Go ahead! And remember: the more vegetables, the better.

Protein

- Chicken
- Edamame
- Egg
- Fish
- Plain Greek Yogurt
- Plain Kefir
- Seafood
- Spirulina
- Tofu
- Turkey
- Whey Isolate or Vegan Cold-Pressed Protein Powder

Carbohydrates

Beans and Lentils

Tip: dry is healthier than canned

Non-Starchy Vegetables

- Artichoke
- Asparagus
- Beet Greens
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Cauliflower
- Celery
- Chicory
- Collard Greens
- Cucumber
- Eggplant
- Fennel
- Garlic
- Green Beans

- Lettuce: Romaine, Boston, Arugula, Spinach, Kale
- Mushrooms
- Okra
- Onion
- Radish
- Sweet Pepper
- Swiss Chard
- Tomato
- Turnips
- Watercress
- Zucchini

Fruit

Whole Fruit (all—with the exception of High-Sugar Fruit; see Yellow Light list)

Fats

- Avocado
- Hummus
- Olives
- Oil: Avocado, Coconut, Olive, Sesame
- Natural Nut Butter: Almond, Cashew, Peanut
- Tahini

Raw, Unsalted Nuts and Seeds

- Almonds
- Cashews
- Chia Seeds
- Flax Seeds
- Hemp Hearts
- Peanuts
- Pecans
- Pistachios
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts



Green/Yellow/Red: Condiments and Drinks

Green Light

Condiments/Sauces

- Homemade Pesto
- Homemade Vinaigrette Salad Dressing
- Horseradish
- Hot Sauce
- Low-Sodium Salsa
- Low-Sodium Tomato Sauce
- Miso
- Mustard
- Vinegar: Apple Cider, Rice, Balsamic, Red/White Wine

- Worcestershire Sauce

Drinks

- Coffee
- Cow's Milk
- Hot or Iced Tea (No Sugar)
- Low-Sodium Sparkling Water
- Infused Water
- Unsweetened Nut Milk: Almond, Soy
- Water

Yellow Light

Condiments/Sauces

- Low-Sodium Soy Sauce/Tamari
- Oyster Sauce
- Sriracha
- Store-Bought Vinaigrette Salad Dressing
- Sweeteners: Pure Maple Syrup, Unpasteurized Honey, Stevia

Drinks

- Coconut Milk
- Coconut Water

Red Light

Condiments/Sauces

- Aioli
- Alfredo Sauce
- Artificial/Processed Sweeteners
- Bottled Sauces: Teriyaki, Barbeque, etc.
- Creamy Salad Dressing: Ranch, Caesar, Blue Cheese, etc.
- Hoisin Sauce
- Jam/Jelly
- Ketchup
- Mayonnaise
- Plum Sauce

- Relish
- Rose Sauce
- Tartar Sauce

Drinks

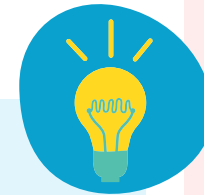
- Alcohol: Beer, Wine, Cider, Champagne, Vodka, Tequila, Rum, Gin, Whiskey, Liquor
- Energy Drinks
- Fruit Juice: Orange, Cranberry, Apple, Lemonade, Pineapple, Grape
- Soda/Diet Soda

- Sports Drinks
- Store-Bought Iced Tea
- Sweetened Nut Milk, Chocolate Milk

Did you know?

Diet soda is **not** healthier than regular soda. Diet sodas cause the same health problems regular sodas do. They increase the risk of obesity, METs, and type 2 diabetes.

Don't be fooled!



Watch out!

Be on the lookout for these artificial/processed sweeteners: sucralose, aspartame, saccharin, agave, high-fructose corn syrup, Sorbitol, Xylitol