

The Stoplight Food Guide

The Stoplight Food Guide lists ANYTIME, SOMETIMES and RARELY foods from each of the food groups.



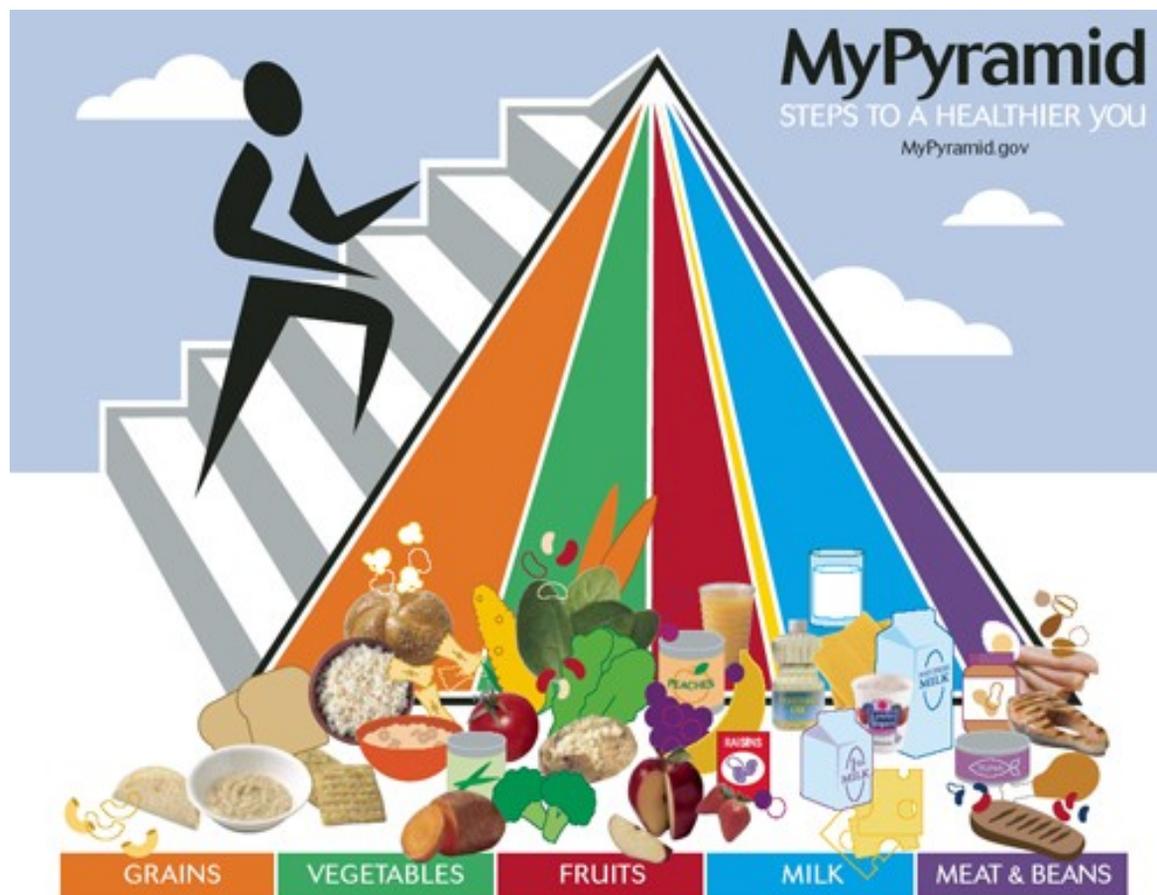
ANYTIME FOODS are part of a healthy diet. Most are low in fat, sugar and calories. They are the best choices within a food group. Try to eat as many of the recommended daily servings from this group as you can. *Keep in mind that portion control is still necessary with these foods to be part of a healthy weight meal pattern.*



SOMETIMES FOODS are high in many nutrients that are needed for good health, but many are also higher in fat, sugar or calories than ANYTIME FOODS. Try to limit these foods to no more than one serving a day from each group.



RARELY FOODS have more fat, sugar and calories than foods on the SOMETIMES or ANYTIME lists. Eat these foods no more than 1-2 times per week.



<http://mypyramid.gov/>

Daily Servings

Grains: 5-7 ounce equivalents

Remember to make ½ your grains

1 serving = 1 ounce equivalent

Whole Grains!

1 slice bread, ½ 6 in flour tortilla

1 ounce ready-to-eat cereal

½ cup cooked cereal, rice, pasta, (try for whole wheat)

½ of a bun, English muffin, sub roll, or “mini” (2 in) bagel



Anytime

Bagel (“mini” 2 in) Grits
 Oatmeal Plain pasta
 English muffin Rice
 Fat-free crackers Sub roll
 Fat-free muffin Spaghetti
 Hamburger bun Hotdog bun
 Flour Tortilla (6 in)
 Low-sugar cereal (not frosted)
 Loaf bread: Whole wheat, White
 Whitewheat, Pita

Sometimes

Low fat: Cereal bars
Granola
Muffins
Crackers
Granola bars

Corn bread (baked) Stuffing
 Pancakes Waffles
 Sweetened cereal Triscuits
 Low fat Macaroni and Cheese

Rarely

Biscuits Regular Granola
 Buttered popcorn Muffins
 Doughnuts Macaroni & Cheese
 Granola bars Breadsticks
 Hard taco shell Hush puppies
 Townhouse crackers Nabs
 Captain Wafers Ritz Crackers

Fruits: 3-4 Servings (1 ½- 2 cups)

1 serving =

½ cup 100% juice*,

1 piece fresh, ¼ cup dried fruit

½ cup canned or fresh

* Limit juice intake to 1-2 servings/day



Anytime

Fresh, frozen or canned fruit or juice, no added sugar

Apples Oranges
 Bananas Peaches
 Blueberries Pears
 Cantaloupe Plums
 Grapes Strawberries
 Kiwi Watermelon

Sometimes

Canned fruit packed in light syrup
 Cranberry juice
 Dried fruit
 Frozen juice bar
 Sweetened applesauce

Rarely

Canned fruit in heavy syrup
 Coconut
 Fruit cobbler

Daily Servings

Vegetables: 3-5 Servings (1 ½-2 ½ c)

1 serving =

1 cup raw leafy

½ cup chopped, raw or cooked

½ cup vegetable juice

*Remember to 'color' your plate- with green, orange,

yellow veggies. Try to add these colors in addition

to starchy veggies (like potato) *



Anytime

Fresh, frozen or canned vegetables, no added fat or sugar, steamed or with fat-free cheese

Broccoli	Mushrooms
Butter beans	Mustard greens
Carrots	Okra
Cabbage	Onions
Cauliflower	Peas
Celery	Peppers
Collards	Potato/ Sweet potato
Corn	Spinach
Cucumbers	Squash
Fat-free coleslaw	Swiss chard
Green beans	Tomato
Lettuce	
Tossed salad (no dressing/fat free dressing)	

Sometimes

Coleslaw with low fat mayonnaise
 Potato salad with low fat mayonnaise
 Tossed salad with low fat dressing

 Oven-baked fries

 Broccoli, cauliflower, squash or other veggies with low fat (2%) cheese

Rarely

Vegetables with added fat (fat back, margarine, etc.)
Vegetables with cheese
Fried vegetables:
 Onion rings, French fries
 Tater tots, hash browns

Vegetable Salads: Tossed Salad with regular dressing, potato salad, coleslaw

Creamed Vegetables:
 Corn, peas, spinach

Dairy: 2-4 Servings (2-4c)

1 serving =

1 cup milk or yogurt

1 cup calcium fortified soy milk

1 ½ ounces cheese, 1/3 c shredded cheese

½ cup frozen yogurt, 1 cup cottage cheese



Anytime

Fat-free and artificially sweetened: pudding, ice cream, and frozen yogurt

Soy milk	Skim milk
Fat-free yogurt	½ - 1% lowfat milk
Fat-free cheese	Lowfat cottage cheese

Sometimes

1% chocolate milk	Low fat pudding
2% milk	Low fat yogurt
Low fat frozen yogurt	Buttermilk
Low fat ice cream	Mozzarella cheese
Reduced fat cheese (2%)	

Rarely

Ice Cream Whole milk

Cheese spreads: Pimiento cheese, Cheez Wiz
Regular cheese: Cheddar, American, Monterey Jack, Colby, Muenster

Daily Servings

Protein: 2-3 Servings (5-7 ounces)

1 serving =

2 ½ to 3 ounces of cooked meat, poultry, or fish

2 eggs

4 oz. tofu

½ cup seeds/nuts

1 cup cooked dried beans

2 tablespoons peanut butter



Anytime

All meats and poultry should be: baked, broiled, boiled, steamed, roasted or grilled.

Dried beans and peas Tofu
 Fish Tuna
 Fat-free hot dogs Turkey
 Ham Veggie (soy) burgers
 Lean beef Vegetarian baked beans
 Lean pork Venison (deer)
 Pinto Beans Egg Whites
 Skinless chicken (in water)

Sometimes

Tuna or chicken salad with Low fat mayonnaise
 Chicken with skin Low fat hot dogs
 Eggs Peanut butter
 Hamburger Baked beans
 Turkey bacon Turkey Sausage
 Turkey Pepperoni Nuts/Seeds
 Hamburger helper with “90/10” ground beef or with ground turkey

Rarely

Tuna or chicken salad with regular mayonnaise
 Bacon Pepperoni
 Bologna Pork BBQ
 Fried Chicken Ribs
 Fried fish Salami
 Hot dogs Vienna sausages
 Tuna packed in oil Sausage
 Treet or Spam (potted) meat
 Hamburger Helper

Other Foods are not needed for healthy diet, but add enjoyment to eating. There are no recommended serving sizes or number of servings a day.

Anytime

Fat-free: margarine, mayonnaise, salad dressing, sour cream, cream cheese, whipped topping.

BBQ sauce Fruit spread
 Butter flavored granules Mustard
 Ketchup Salsa
 Cooking spray Lemon juice
 Vinegar

Sometimes

Low fat: margarine, mayonnaise, salad dressing, sour cream, cream cheese, and whipped topping

Bacon bits Jelly Olives
 Croutons Honey Syrup
 Jam Low fat gravy Guacamole

Rarely

Butter Cream cheese
 Meat grease Sour cream
 Dips Salad dressing
 Fat back Vegetable oil
 Margarine Whipped cream
 Gravy Mayonnaise

Drinks and Snacks can be eaten with or between meals. Remember that all anytime foods make great snacks.

Anytime

Sugar-free: Jell-O, Kool-Aid, diet soda, or plain tea with Equal or Splenda.

Fruits/vegetables Sugar free Gum
 Graham crackers Dill pickles
 Rice cakes Plain popcorn
 Fat-free dips Pretzels
 Flavored water (no sugar added)

Sometimes

Low fat microwave popcorn
 Angelfood cake Ginger snaps
 Low fat cookies Fruit snacks
 Hard candy Low fat desserts
 Fruit roll-ups Jell-O
 Fruit Newtons Low fat toaster-pastries
 Baked chips Vanilla Wafers

Rarely

Cakes Danish
 Regular soda Candy bars
 Doughnuts Sweet tea
 Chocolate Honey buns
 Toaster pastries Cookies
 Pies Tortilla chips
 Corn chips Potato chips
 Turnovers Kool Aid/Punch