



## Eat Smarter

### Green Light Foods

Fill your plate with these food items:

- Brown rice
- Beans
- Egg whites
- Fresh or frozen Fruits and Vegetables
- Fruits canned in its own juice
- Whole-grain breads and pastas
- Dried fruits
- Lentils
- Tuna, water packed
- Low-fat or fat-free cheeses or yogurt
- Lean meats with visible fat trimmed
  - Baked, broiled, or grilled chicken or fish

### Yellow Light Foods

Aim for smaller portions of these food items:

- Chicken and Fish, breaded
- Cottage Cheese
- Eggs
- Yogurt with sugar added
- Fruit juice (1 cup or 8 oz.)
- 2% milk
- "Lite" foods
- Pretzels or Saltines

### Red Light Foods

Limit these foods to 2-3 servings a week or fewer:

- Whole Milk
- Butter
- Red meat
- Cream or cheese sauces
- Sour cream
- Cream Cheese
- Hot Dogs
- Sweet rolls or doughnuts
- Fried Foods
- Ice Cream
- Fast Food
- Regular soda, Kool-Aid, etc.



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