



# GREEN LIGHT SAYS: GO, GO, GO !



## EVERY DAY SNACKS



FAT-FREE	SUGAR-FREE	SALT-FREE
LOW/LIGHT/LITE FAT	LOW/LIGHT/LITE SUGAR	LOW/LIGHT/LITE SALT/SODIUM

**STOP**  
One of  
these  
snacks *once*  
a week only

**CAUTION**  
2-3 of these  
snacks per  
Week only

**GO**  
Every day  
snacks

ALL *FRESH* FRUIT  
 BROWN RICE  
 CANNED LIGHT TUNA IN WATER  
 CANNED SALMON  
 CHEESE (FETA, SWISS, STRING, COTTAGE)  
 DELI MEAT  
 DRIED FRUIT  
 FRESH *FRUIT* SMOOTHIES  
 FROZEN *FRUIT* POPSICLES  
 GRANOLA  
 HUMMUS  
 LOW FAT MILK (2 yrs and up)  
 NUTS (ALMONDS, WALNUTS, BRAZIL, HAZELNUTS)  
 OATMEAL WITH/OUT FRUIT  
 OATMEAL COOKIES  
 OLIVES  
 PEANUT BUTTER  
 PLAIN POPCORN  
 PROTEIN BARS – CHECK LABELS  
 RAW VEGETABLES  
 RICE CAKES  
 SUGAR FREE JELLO  
 TOFU  
 TURKEY JERKY  
 UNSALTED PRETZELS  
 UNSWEETENED APPLE SAUCE  
 UNSWEETENED CEREAL  
 UNSWEETENED YOGURT  
 UNSWEETENED CANNED FRUIT  
 UNSWEETENED FRUIT JUICE  
 VEGGIE CHIPS  
 WHOLE MILK (Aged 12-24 months)  
 WHOLE WHEAT BAGELS/TOAST  
 WHOLE WHEAT CRACKERS  
 WHOLE WHEAT PASTA  
 WHOLE WHEAT WRAPS / PITA  
 WATER