



ORANGE LIGHT SAYS: WARNING, SLOW DOWN !



2-3 PER WEEK ONLY



LOW FAT

LOW SUGAR

LOW SALT/SODIUM

STOP
One of
these
snacks *once*
a week only

CAUTION
2-3 of these
snacks per
Week only

GO
Every
day
snacks

BAGELS
BAKED CHIPS
DATES
FLAVORED MILK
FROSTED CRACKERS
HIGH FAT YOGURT
ICE CREAM
ICE POPS
LIGHTLY SWEET CEREAL
LIGHT SYRUP CANNED FRUIT
PLAIN /VEGGIE PIZZA
PLAIN COOKIES
SALTED POPCORN
SALTED PRETZELS
SNACK PUDDINGS
SUGARY FRUIT JUICE
SWEET TEA
SWEET YOGURT
SWEET APPLE SAUCE
VEGGIE BURGER