



## RED LIGHT SAYS STOP!



**ONLY ONE OF THESE PER WEEK**



HIGH FAT

HIGH SUGAR

HIGH SALT/SODIUM

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

**CAUTION**

2-3 of these  
snacks per  
Week only

**GO**

Every day  
snacks

BOXED MAC AND CHEESE  
BROWNIES  
BUTTERED POPCORN  
CAKE  
CANDY  
CHEESE PUFFS/CRACKERS  
CHICKEN NUGGETS  
CHOCOLATE  
CINNAMON ROLLS  
CORN DOGS  
DOUGHNUTS  
FRAPPE TYPE BEVERAGES  
FRIED FOODS  
FRIED POTATOE CHIPS  
FRIES  
FROSTED CEREALS  
"GRILLED" CHEESE SANDWICH  
HAMBURGERS  
HOT DOGS  
HUSHPUPIES  
JERKY  
LOADED / PEPPERONI PIZZA  
MILK SHAKES  
PIES  
POTATOE SKINS  
REGULAR SYRUPY CANNED FRUIT  
SALTED PICKLES  
SLUSHIES  
SNACK CAKES  
SODA  
HEAVY SYRUP CANNED FRUIT  
SUGARY COOKIES  
TACOS & TACO CHIPS  
TOASTER PASTRIES