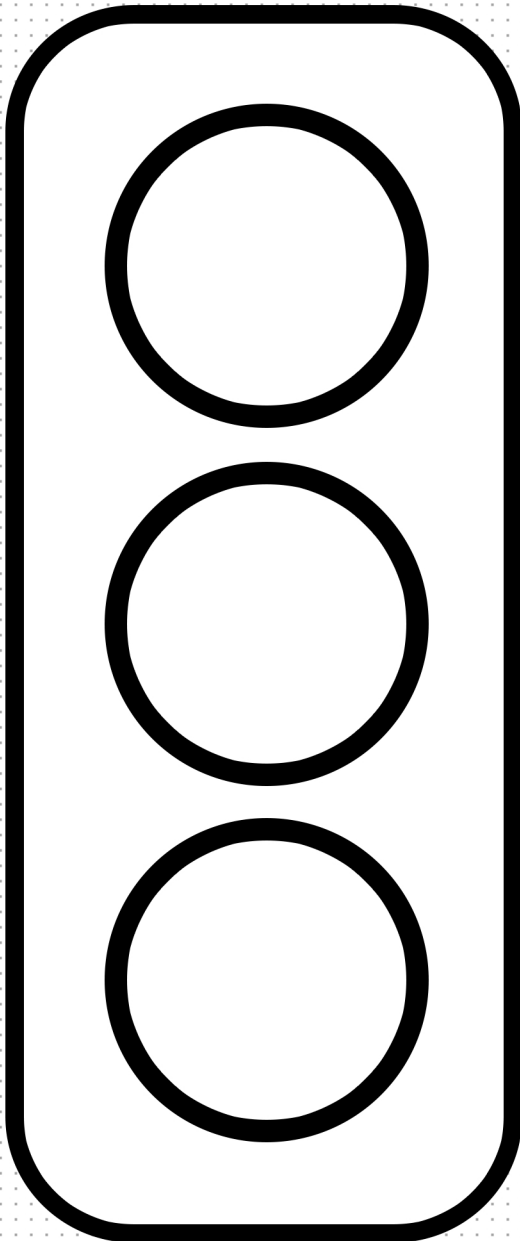


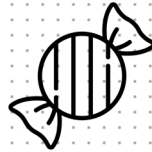
# TRAFFIC LIGHT EATING



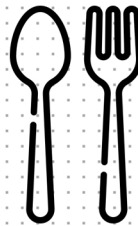
A SIMPLE TOOL TO HELP YOU REMEMBER HOW MUCH OF DIFFERENT TYPES OF FOOD YOU SHOULD BE EATING. COLOR IN THE TRAFFIC & DRAW YOUR OWN FOODS IN EACH CATEGORY!



**RED LIGHT FOODS: "STOP & THINK"**  
PARTY FOOD AND TREATS



**YELLOW LIGHT FOODS: "SLOW DOWN"**  
MOST EVERY DAY FOODS



**GREEN LIGHT FOODS: "GO"**  
FRUITS AND VEGETABLES

