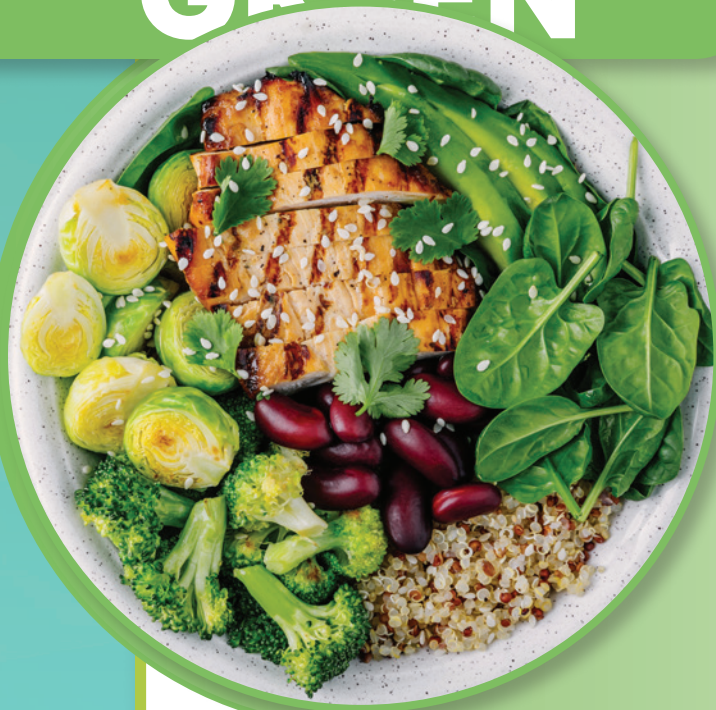


LOOK FOR THESE COLORS AS YOUR GUIDE

GREEN



Choose often – low in saturated fat, sodium, and added sugars; supports health

FOOD THAT IS GREEN

- All fresh fruits and vegetables
- Whole eggs
- Whole grain bread, pasta, tortillas
- Brown rice
- Skim, 1% and 2% milk
- Plain water, coffee, tea

YELLOW



Choose sometimes – medium levels of saturated fat, sodium, or added sugars; eating these foods in moderation, and less frequently than green category foods, can be part of a healthy, balanced eating pattern

FOOD THAT IS YELLOW

- 100% fruit juice
- White bread, pasta, tortillas
- White rice
- Plain dried fruit like raisins
- Whole milk
- Most peanut butter

RED



Choose rarely – high levels of saturated fat, sodium or added sugars; think of as treats; limited health benefits

FOOD THAT IS RED

- Desserts like ice cream, cookies, cake
- Most processed/packageged snacks
- Regular soda and juice drinks
- Candy

FOOD THAT IS NOT COLOR CODED

- Condiments like salad dressings or sauces
- Cooking staples like flour, sugar, oil, spices
- Nutrient supplements like Ensure or protein powders
- Baby food



**Washington
Food Coalition**

This resource is made possible by a collaboration between the Washington Food Coalition and the American Heart Association, proud local advocates for nutrition security in Washington State.



**American
Heart
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