

Green - Yellow - Red Food Examples

Category	Green	Yellow	Red
Fruits and Vegetables	<ul style="list-style-type: none"> • Whole or slice fruits (apples or pear slices) • Fruit cups packed in juice or water) • Dried or dehydrated fruit (raisins, apricots, cherries, and bananas) • Vegetables (baby carrots, celery or pepper sticks) 	<ul style="list-style-type: none"> • Vegetables and fruits with dip 	<ul style="list-style-type: none"> • Desserts that contain less than 1/2 cup fruit or vegetable
Refrigerator or Frozen	<ul style="list-style-type: none"> • 8 oz. servings of low-fat, fruit-flavored yogurt with less than 30 grams sugar (yogurt tubes; fruit and yogurt parfaits) 	<ul style="list-style-type: none"> • Reduced fat ice cream bars low in sugar and fat • Low-fat frozen yogurt 	<ul style="list-style-type: none"> • Regular yogurt • Regular ice cream and frozen yogurt
Salty snack	<ul style="list-style-type: none"> • Non-flavored whole-grain pretzels 	<ul style="list-style-type: none"> • Low-sodium baked potato chips, crackers, and pretzels • Flavored pretzels or larger sized bags 	<ul style="list-style-type: none"> • Most regular chips • Slim Jim, pork rinds • Snack mix
Sweet snacks; pastries; candy	<ul style="list-style-type: none"> • 100% whole-grain mini bagels 	<ul style="list-style-type: none"> • Animal crackers • Graham crackers • Rice Krispie bars • Granola bars • Fruit snacks • Low-fat baked goods • High fiber toaster pastries • Fig Newtons Minis 	<ul style="list-style-type: none"> • Cakes, pastries, donuts • Twinkies, Hostess cupcakes • Candy bars • Pop Tarts® and toaster pastries • Fig Newtons

