

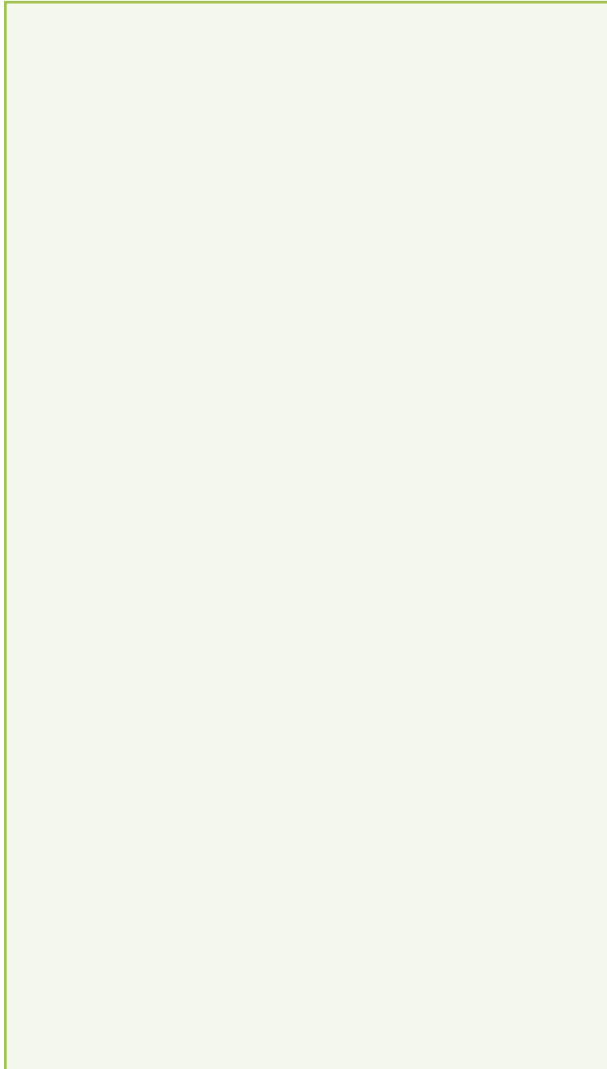
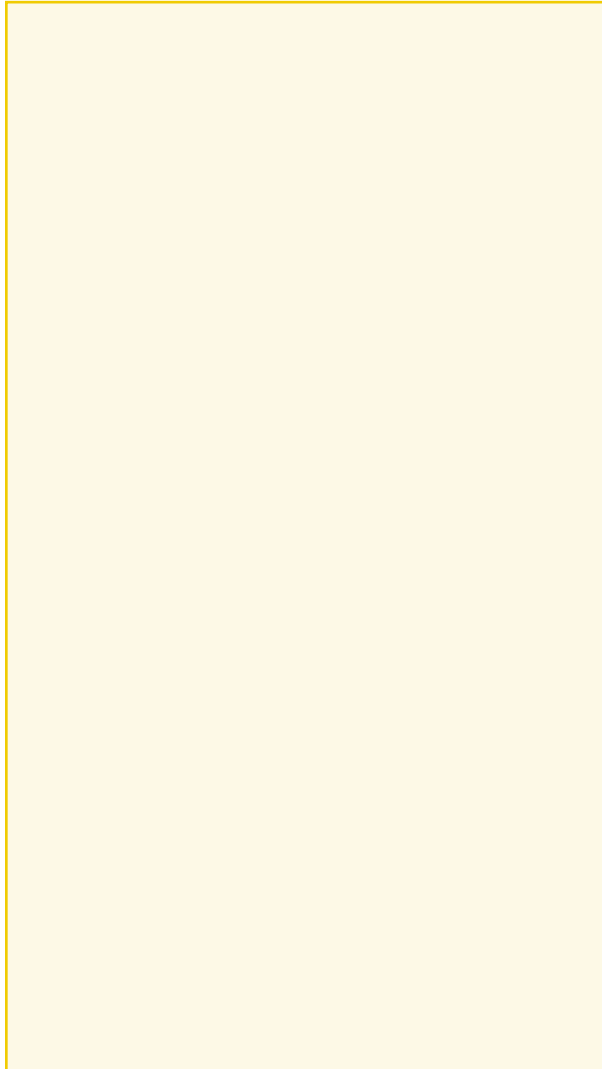
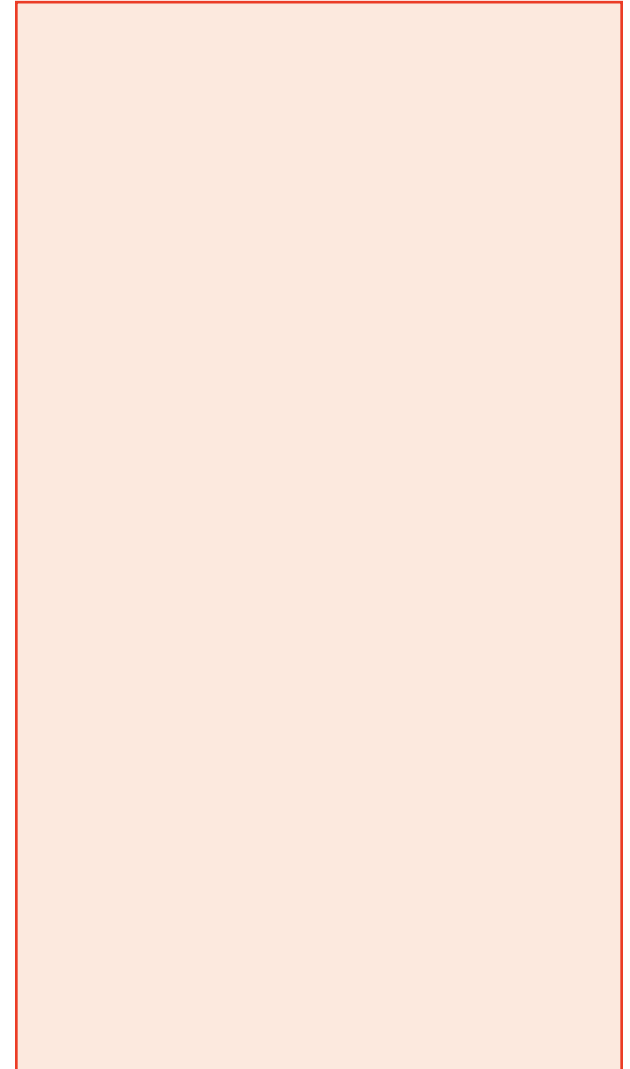
GREEN LIGHT, YELLOW LIGHT, RED LIGHT FOODS

WRITE OR PASTE PICTURES OF FOODS IN THE APPROPRIATE CATEGORY ON THIS WORKSHEET AND HANG IN A VISIBLE PLACE IN THE KITCHEN.

GREEN LIGHT = This food is OK to eat anytime, as much as you want.

YELLOW LIGHT = This food is OK to eat often, but in small portions and not every single day.

RED LIGHT = STOP! This food either (1) is a treat for special occasions only; (2) may contain allergens and questions must be asked before consuming (ie, baked goods), or (3) is an allergen or other food that may never be eaten.

A large, empty rectangular box with a light green background and a thin green border, intended for pasting pictures of foods that are OK to eat anytime.A large, empty rectangular box with a light yellow background and a thin yellow border, intended for pasting pictures of foods that are OK to eat often in small portions.A large, empty rectangular box with a light red background and a thin red border, intended for pasting pictures of foods that are treats, contain allergens, or should not be eaten.