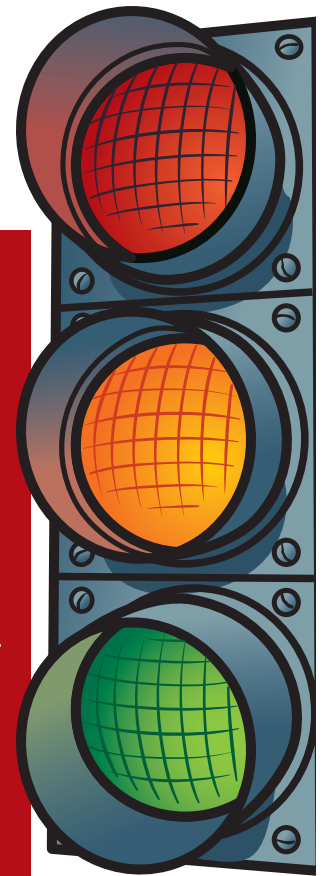


STOPLIGHT SNACKS



GREEN LIGHT SNACKS

Green is a go! Low in calories and fat, these snacks help make us healthy and are loaded with essentials like calcium, fiber, vitamins and minerals. Try these green light snacks today:

- > Fresh fruits
- > Canned or dried fruit (canned fruit in fruit juice or light syrup)
- > Vegetables
- > Non-fat or skim milk (for children over 2-years-old)
- > Non-fat yogurt, yogurt tubes or drinkable yogurt
- > Whole grain, high fiber cereal (Frosted Mini-Wheats are a great snack and kid friendly!)
- > Water

YELLOW LIGHT SNACKS

Proceed with caution. These foods give you some of the nutrition you need but aren't as healthy as the green light foods. Eat these kinds of foods in moderation.

- > Low-fat cereal with non-fat milk
- > Low-fat cereal bars
- > Graham crackers
- > Light string cheese
- > Non-fat or 1% fat chocolate milk
- > 100% fruit juice boxes (limit to 6 oz a day)
- > Rice cakes
- > Fat-free pudding cups
- > Baked Lays Original Chips
- > Pretzels and breadsticks

RED LIGHT SNACKS

Stop! Think before you eat these snacks. They all have ingredients that aren't healthy for our bodies and go overboard on calories, salt or fat. Try to avoid eating these kinds of foods.

- > Corn or potato chips
- > Soda and artificially flavored beverages
- > Packaged cookies, pies and cakes
- > Cheese crackers
- > Beef Jerky
- > Candy Bars
- > High fat energy bars
- > High fat cereals
- > Whole milk