



## Food Truck Options: Made Simple

One of the best ways to approach eating healthy is to think about Traffic Light Eating. Just like when we are driving a car, a traffic light tells us what to do:

**Green** means “go”

**Yellow** tells us to “slow down”

**Red** means “stop” and think

### Green Light Foods

Green light foods are “**grow**” foods. You want to learn to eat as much as you want of these foods, which include all fruits and vegetables. Green light foods are: grown and not manufactured, low in calories, high in nutrients, colorful, and usually can be eaten raw.

### Yellow Light Foods

Yellow light foods are “**slow down**” foods. These foods are okay to eat every day, in moderation. Yellow light foods include: pasta, rice, bread, tortillas, noodles, eggs, lean meat, chicken, low fat yogurt, nuts and seeds, olive oil, soy foods, whole grains, fish, low fat cheese, and vegetable oil.

### Red Light Foods

Red light foods are “**stop**” and think foods. When we come across a red light food, we should make a different choice or eat a smaller portion. Red light foods are low in nutrients; high in calories, fat or sugar; or contain artificial sweeteners, hydrogenated oils, or trans-fats. They include: butter, cookies, candy, frozen yogurt, fatty meats, pastries, chips, and white bread.

Dining Out for Life is being held on April 30<sup>th</sup>, 2015 at 13<sup>th</sup> & Locust. There will be many food trucks on Locust Street to choose from. When planning your choices on April 30<sup>th</sup>, think about the traffic light plan for eating and make smart decisions! Order smaller portions of the red light foods and enjoy all the green light foods you’d like while supporting a great cause. The following food trucks will be there – so plan ahead and know your choices!



[Chef Johnny Bravo's Surf n Turf](#)

[The Cow & the Curd](#)

[Cupcake Carnivale](#)

[Farm Truck](#)

[Foo Truck](#)

[Gigi's and Big R](#)

[Mac Mart](#)

[Schmear It](#)

[Vernalicious](#)