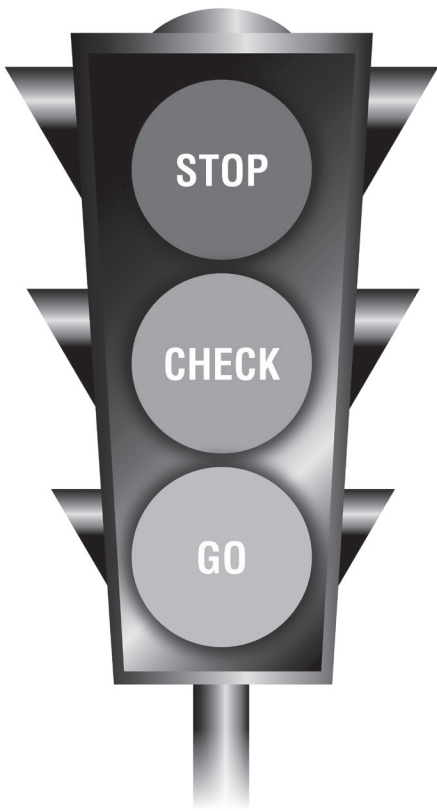


## Foods can be classified as Red, Yellow or Green light.



### Red stop foods = STOP and Think

- Red Light foods cause weight gain.
- Red Light foods have very little, if any, nutritional value. They tend to be high in calories, sugar, and fat.
- Red Light foods and beverages should be considered a treat and should not be used more than once a week.
- Red Light foods include fatty meats, cookies, candy, potato chips, fried foods, cake, etc.

### Yellow caution foods = Slow Down

- Yellow Light foods are good for the body.
- Yellow Light foods include whole grains and lean proteins.
- Yellow Light foods are the basic foods we need to eat a balanced and healthy diet.
- Yellow Light foods contain important nutrients and are moderately high in calories, fat, and sugar. Although healthy, it is important to be aware of portion size (need to measure/weigh).
- There are 5 basic food groups within Yellow caution foods: Meats, breads, fruit, Milk/Dairy, Fats/Oils, Condiments.

### Green Go foods = GO!

- Green Light foods are good for the body.
- Green Light foods do not cause weight gain.
- Green Light foods should be eaten every day and second helpings are okay.
- Green Light foods have high nutritional value and are low in calories, sugar, and fat.
- Green Light foods include fruits, vegetables, water, and nonfat milk and are the healthiest choices for children.
- The best way to make sure kids are getting enough Green Light foods is to serve at least one fruit and one vegetable at every meal with milk or water.

The first step to help manage your weight is to start keeping track of what you are eating and drinking every day. You will learn what foods are Red, Yellow, or Green, and then determine how many Red Light foods you eat in a week. The goal is to try to eat fewer red light foods. It does not take long for families to see the relationship between the number of Red Lights eaten and weight. When the number of Red Lights goes up, weight tends to go up. When the number of Red Lights goes down, weight seems to go down.

The Prader-Willi Syndrome Association has created a very useful book on the Red Yellow Green System for Weight Management. If you would like to purchase this book, please visit <http://www.opwsa.com/#!buy-red-yellow-green-nutritional-guide/czww>

# EATING GUIDELINE

## RED FOODS

### Not to be eaten more than once per week (1 serving)

All Fried, Breaded or Gravid Meats \* Poultry \* Fish \* Bacon \* Chicken Nuggets  
 Cold Cuts (salami, pepperoni, sausage, bologna) \* Hamburger \* Pizza (pepperoni or meat)  
 Samosa \* Spareribs \* Burrito \* Sugar Coated Cereal \* French Fries \* Fried Noodles  
 Creamy Salad/Pasta \* Potato Salad/Scalloped Potatoes \* Poutine \* Cream Soups  
 Fruit Packed in Sugar/Honey or Syrup \* Chocolate Milk \* Ice Cream \* Sherbet  
 Full Fat Fruit Yogurt \* Custard \* Granola Bar \* Hash Brown \* Vegetable with Cheese Sauce  
 Brownie \* Cake or Pie \* Chocolate Bar \* Chips/Cheesie, Corn, Tortilla \* Cookies \* Donuts  
 Hard Candies \* Jelly Beans \* Gummy Bears \* Lifesavers \* Sweetened Pop/Juice/Slushie  
 Sugar \* Syrup: Chocolate, Caramel, maple, strawberry, etc.



## YELLOW FOODS

### Good for body, eat in right amounts

Steak \* Ham \* Pork Chop \* Cold Cuts (Chicken, Turkey) \* Extra Lean Ground Beef Roast \* Veal  
 Lamb Chop \* Chicken and Turkey \* Cheese \* Fish - All Except Fried/Battered \* Egg \* Small Hot Dog  
 Peanut Butter \* Tofu \* Hummus \* Slice of Bread or Dinner Roll \* Taco Shell Biscuit \* English Muffin  
 Hot Dog Bun \* Bagel \* Diet Bread \* Cereal \* Spaghetti \* Rice Small Crackers \* Pretzels \* Bread Sticks  
 Unbuttered/Light Popcorn \* Potato/Sweet Potato/Green Peas/Corn \* Pita Bread \* Rice Cakes  
 Fresh/Frozen Fruit \* Apple \* Grapes \* Orange \* Raisins \* Banana \* Dried Fruit \* Skim Milk  
 Low Calorie Cocoa \* Low-Fat/Fat-Free Yogurt \* Fat-Free Pudding \* Macaroni & Cheese  
 Ravioli \* Plain or Vegetable Thin Crust Pizza \* Peanuts/Almonds/Sunflower Seeds  
 \* Teaspoon of Butter, Cream Cheese or Mayonnaise  
 Ketchup \* Sugar Free Jelly or Jam \* Fat-Free Salad Dressing



## GREEN FOODS

### 25 calories or less per serving, seconds allowed

Artichokes \* Asparagus \* Bamboo Shoots \* Bean Sprouts \* Beets \* Bitter Melon  
 Bok Choy \* Broccoli \* Brussel Sprouts \* Red & Green Cabbage \* Carrots \* Cauliflower  
 Celery \* Chicory \* Collard Greens \* Cucumbers \* Eggplant \* Green Beans \* Kale  
 Kholrabi \* Leeks \* Lettuce (All Kinds) \* Mushrooms \* Mustard Greens \* Okra  
 Onions \* Parsley \* Peppers \* Pickles/Dill \* Radishes \* Rhubarb \* Salsa \* Sauerkraut  
 Scallions/Green Onion \* Shallots \* Spinach \* Snow Peas \* Watercress \* Squash  
 Zucchini \* Tomatoes \* Sun Dried Tomatoes \* Tomato paste  
 Tomato or Vegetable Juice \* Club Sod \* Coffee \* Diet Beverages  
 Gelatin/Jello – Sugar Free \* Fat-Free Cooking Spray



## RED FOODS

Not to be eaten more than once per week (1 serving)

### Meat Group

- \* All Fried, Breaded or Gravied Meats \* Poultry \* Fish
- \* 3 - 4 oz Bacon \* 6 Chicken Nuggets \* 3 - 4 oz Cold Cuts (Salami, Pepperoni, Sausage, Bologna) \* 1 Hamburger
- \* 1 slice Pizza, Pepperoni or Meat \* 1 Samosa
- \* 3 - 4 oz Spareribs \* 1 Burrito

### Bread Group

- \* 1 cup Cereal, Sugar Coated \* 1 cup French Fries
- \* 1 cup Fried Noodles \* 1 cup Creamy Salads/Pasta
- \* 1 cup Potato Salad / Scalloped Potatoes
- \* 1 cup Poutine \* 1 cup Cream Soups

### Fruit

- \* 1 cup Fruit packed in Sugar/Honey/Syrup

### Milk Group

- \* 1 cup Chocolate Milk \* 1 cup Ice Cream \* 1 cup Sherbet
- \* 1 cup Full Fat, Fruit Yogurt \* 1 cup Custard, Regular

### Vegetable Group

- \* 1 Hash Brown
- \* 1 cup Vegetables with Cheese Sauce

### Sweets and Snacks

- \* 1 Brownie \* 1 piece Cake/Pie \* 1 small Chocolate Bar
- \* 1 small bag Chips, Cheesies, Corn, Tortilla \* 3 Cookies \* 1 Donut
- \* 10 Hard Candies \* 20 Jelly Beans \* 20 Gummy Bears
- \* 20 Lifesavers \* 1 - 355ml can sugar sweetened Pop/Juice/Slushie
- \* 1 tablespoon Sugar \* 1 tablespoon Syrup (chocolate, caramel, maple, strawberry, etc).

## YELLOW FOODS

Good for body, eat in right amounts

### Meat Group (75 Calories)

- \* 1 oz Steak \* 1 oz Ham \* 1 oz Pork Chop \* 1 oz Roast \* 1 oz Veal
- \* 1 oz Cold Cuts (Chicken, Turkey) \* 1 oz Extra Lean Ground Beef
- \* 1 oz Lamb Chop \* 1 oz Chicken and Turkey \* 1 oz Cheese
- \* 1 oz Fish - All Except Fried/Battered \* 1 Egg \* 1 small Hot Dog
- \* 1 tablespoon Peanut Butter \* ¼ cup Tofu \* ¼ cup Hummus

### Bread Group (70 Calories)

- \* 1 slice of Bread / 1 Dinner Roll \* 1 Taco Shell \* 1 Biscuit
- \* ½ Pita Bread \* ½ English Muffin \* ½ Hot Dog Bun
- \* 2 slices of diet Bread \* ½ cup Cereal \* ½ cup Spaghetti
- \* ½ cup Rice \* ½ cup small Crackers \* 6 small Pretzels
- \* 6 Saltine Crackers \* 2 Bread Sticks \* 2 Rice Cakes
- \* 3 cups unbuttered/light Popcorn \* ½ Bagel
- \* ½ cup Potato/Sweet Potato/Green Peas/Corn

### Milk Group (100 Calories)

- \* 1 cup Skim Milk (1 cup Rice Milk) \* 1 cup Low Calorie Cocoa
- \* 1 cup Low Fat Yogurt (Fat-free Frozen Yogurt ½ cup)
- \* ½ cup Pudding Fat-Free \* ½ cup Macaroni & Cheese
- \* ½ cup Ravioli \* 1 slice of Plain or Vegetable Thin Crust Pizza

### Fats and Oils (50 Calories)

- \* 1 teaspoon Butter, Margarine, Oil \* 1 teaspoon Mayonnaise
- \* 1 tablespoon Peanuts/Almonds/Sunflower Seeds
- \* 1 tablespoon regular Cream Cheese \* 1 tablespoon Gravy

### Fruit Group (80 Calories)

- \* ½ cup Fresh or Frozen Fruit \* 1 small Apple \* 15 Grapes
- \* 1 small Orange \* 2 tablespoons Raisins \* 1 small Banana
- \* 2 tablespoons Dried Fruit

**Condiments (under 20 Calories per serving, limit 2 per meal)** \* 1 tablespoon Ketchup \* 1 tablespoon Sugar-free Jelly or Jam  
\* 1 tablespoon regular Salad Dressing (2 tablespoons Fat-Free) \* Sauces – 1 tablespoon \* ½ cup Plain Tomato sauce

## GREEN FOODS

25 calories or less per serving, seconds allowed

### Vegetables

**1 cup of ANY Vegetable.** Examples below:

- \* 1 cup Asparagus \* 1 cup Bamboo Shoots
- \* 1 cup Bean Sprouts \* 1 cup beets \* 1 cup Bok Choy
- \* 1 cup Broccoli \* 1 cup Peppers \* 1 cup Carrots
- \* 1 cup Cabbage (red & green) \* 1 cup Leeks
- \* 1 cup Celery \* 1 cup Collard Greens \* 1 cup Snow Peas
- \* 1 cup Cucumbers \* 1 cup Eggplant \* 1 cup Green Beans
- \* 1 cup Kale \* 1 cup Kholrabi \* 1 cup Cauliflower \* 1 cup Okra
- \* 1 cup Lettuce (all kinds) \* 1 cup Mushrooms \* 1 cup Onions
- \* 1 cup Mustard Greens \* 1 cup Brussel Sprouts
- \* 1 cup Pickles/Dill \* 1 cup Radishes \* ½ cup Salsa
- \* 1 cup Rhubarb \* 1 cup Sauerkraut \* 1 cup Spinach
- \* 1 cup Squash, Summer/Spaghetti/Zucchini \* 1 cup Watercress
- \* 1 cup Tomatoes: raw, cooked, puree, or stewed \* ¼ cup Tomato Paste
- \* 1 cup Tomato or Vegetable Juice \* 4 Halves Sun Dried Tomatoes

### Beverages (80 Calories)

- \* Aim for 8 cups of fluid per day
- \* 1 cup Bouillon/Broth
- \* 1 cup Coffee (not specialty)
- \* 1 cup Diet Beverages
- \* 1 cup Club Soda
- \* 1 cup Gelatin/Jello – Sugar-Free Gum, Sugar-Free Popsicles
- \* 1 cup Sparkling Water
- \* 1 cup Tea, Herbal, Green & Black (unsweetened)

### Spices

- \* Cooking Spray \* Fat-Free Garlic
- \* Lemon Juice
- \* Mustard \* Pepper \* Spices
- \* Sugar Substitutes (Splenda, Nutrasweet)
- \* Tabasco \* Vinegar \* Water

