



Green:Yellow:Red Food List



Green Food; Eat Plenty!	Yellow Food; Eat Moderate Amounts.	Red Food; Eat Small Amounts.
<p>Free Vegetables:</p> <ul style="list-style-type: none"> Asparagus Broccoli Cabbage Cauliflower Carrots Cucumbers Green Beans Green peppers Lettuce Mushrooms Okra Onions Spinach Tomatoes Vegetable Juices Wild or green onions Yellow beans Yellow squash Zucchini <p>Seasonings:</p> <ul style="list-style-type: none"> Flavoring, extract Herbs, fresh or dry Lemon/Lime juice Mint Onion/garlic powder Pepper Vinegar <p>Other:</p> <ul style="list-style-type: none"> Broth Sugar Free Whipped top 	<p>Starchy Vegetables:</p> <ul style="list-style-type: none"> Corn Peas Beans Potatoes <p>Other Starchy Foods:</p> <ul style="list-style-type: none"> Bread Cereal/cooked cereal Pasta Rice <p>Milk/Dairy:</p> <ul style="list-style-type: none"> Cheese Cottage cheese Milk Sugar free pudding Low-fat yogurt <p>Fruits:</p> <ul style="list-style-type: none"> Small fresh fruit Canned fruit Dried fruit <p>Fats:</p> <ul style="list-style-type: none"> Olive, Canola, peanut oil Salad dressings Nuts <p>Meat: bake/broil/grill</p> <ul style="list-style-type: none"> Chicken, fish Luncheon meats Pork, beef <p>Other Foods:</p> <ul style="list-style-type: none"> Crackers Fast food 	<p>High Fat Meats:</p> <ul style="list-style-type: none"> Bacon Fried eggs Fried meats Hot dogs, bologna Sausage Pork steak <p>Fats:</p> <ul style="list-style-type: none"> Gravy Butter, margarine Mayonnaise <p>High Fat Dairy:</p> <ul style="list-style-type: none"> American cheese Cheddar cheese Processed cheese Heavy cream Ice cream Whole milk <p>High Fat foods:</p> <ul style="list-style-type: none"> Chips Fry bread Fried vegetables Sausage biscuit Pies Grease, lard Donuts <p>High Sugar Foods:</p> <ul style="list-style-type: none"> Cakes, candy Fruit drinks, juices, soda Regular jelly/jam Honey, syrup, molasses