



# Use the *LIGHT* to eat *RIGHT*!

## GO!

BEST DAILY CHOICES  
RICH IN NUTRIENTS  
VERY HEALTHY



No added sugar or condensed milk

## SLOW!

“OKAY” SEVERAL TIMES A WEEK  
CONTAIN SOME NUTRIENTS  
HEALTHY IN MODERATION



Callaloo cooked with coconut milk

## WHOA!

EAT ONLY NOW AND THEN  
HIGH IN EMPTY CALORIES  
NOT SO HEALTHY



Carbonated malt drink



\*Nova Southeastern University Quality of Life Grant funded

<https://NSUCaribbeanhealth.com>

# Healthy Food Guidelines: Color Coding System

**For simplicity, foods and beverages have been grouped into three distinct categories:**



**GO!:** Everyday enjoy highly nutritious foods including: fresh and frozen vegetables, legumes, whole fruits, whole grains, seafood, lean meats, nuts, seeds, unsaturated oils, water, unsweetened teas and low fat dairy without added sugar.



**SLOW!:** Occasionally have foods with good nutritional value that are lightly processed, including: refined grains such as pretzels, bagels and breads, red meat, whole fat dairy, dried fruits and 100% juice. These “Slow” foods are higher in sugar, saturated fat, sodium or calories.



**WHOA!:** Rarely eat highly processed foods with low nutritional value, including: most desserts, salty or sugary snacks, chips, candy, syrups, energy drinks, alcohol, and sugar sweetened sodas. These “Whoa!” foods are usually very high in saturated fat, hydrogenated oils, added sugar and/or sodium.

