



The traffic light method

HOW TO PREVENT TYPE 2 DIABETES

This simple method can help you identify which foods you should include in your diet and which foods you should avoid to maximize your diabetes health.



RED LIGHT

Stop, go small, or don't eat it all.



YELLOW LIGHT

Go slow or your weight can grow.

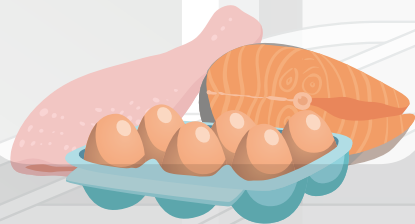


GREEN LIGHT

Go all the way! Eat more of these.

CLICK ON EACH FOOD AND CHOOSE THE CORRECT LABEL

White meat & eggs



Fruits



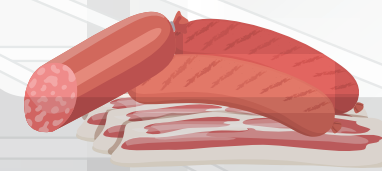
100% Fruit juice



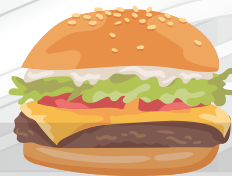
Vegetables



Processed meat



Burger



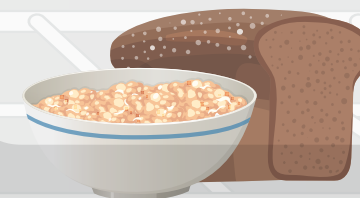
Refined grains



Sugar sweetened beverages



Whole grains



Canned foods



Answers
GREEN: White meat and eggs, Fruits, Vegetables, Whole grains.
YELLOW: 100% Fruit juice, Refined grains, Canned foods.
RED: Processed meat, Burger, Sugar sweetened beverages.

Vector graphics from Freepik.

www.cdc.gov/diabetes/professional-info/toolkits/road-to-health.html



Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion