



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.

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



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