



# 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.



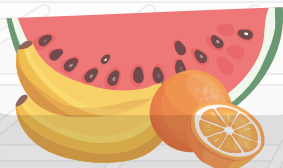
**GREEN LIGHT**  
Go all the way!  
Eat more of these.

## CLICK ON EACH FOOD AND CHOOSE THE CORRECT LABEL

White meat & eggs



Fruits



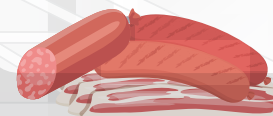
100% Fruit juice



Vegetables



Processed meat



Burger



Refined grains



Sugar sweetened beverages



Whole grains



Canned foods

