

# Traffic Light Eating

**"Let your food be your medicine, and let your medicine be your food."  
~ Hippocrates (the father of medicine)**

**What we eat and drink can be the fuel that can help us to look, feel, and perform our best. They can provide our body & mind the essential nutrients for optimum health so that we can reach our full potential. Or, what we eat and drink can cause us to feel sick, tired, and fatigued (brain fog, headaches...).**

**The following plan provides us with some nutritional choices that can empower us to look, feel, and perform better.** And because science is showing us that one size does not fit all when it comes to nutrition, ask us about our personalized nutrition platform based on a scientifically proven Health Assessment with an optional DNA Nutrition & Fitness Report. These HIPAA compliant reports (based on 18 years of scientific development) take into consideration our family & personal health history, medications, lifestyle habits, DNA, and many other factors to discover the daily nutrients that we each individually require.

**Green means "Go for it! They are foods that we can eat a lot of."** Green Light Foods are low in calories, high in nutrients and fiber, and can be eaten raw. Green Light Foods are highly beneficial and act like good medicine. When possible choose organic, local, non-GMO foods.

## Green Light Foods Include:

- Non-Starchy Vegetables (Leafy Greens, Broccoli, Brussels...)
- Healthy Options: Lettuce as your bread for a sandwich, Riced Cauliflower in place of rice.
- Celery Juice (First thing every morning 30-45 minutes before breakfast to promote a healthy gut microbiome.)

**Yellow means Slow Down and "Eat in Moderation."** They have more calories than Green Light Foods. In moderation Yellow Light foods provide many essential nutrients, healthy fats, fiber, and protein! When possible choose organic, local, non-GMO foods.

## Yellow Light Foods Include:

### Proteins

- Eggs\*
- Fish, Poultry, Lean Meats\*  
\*When Possible Organic, Grass Fed, Wild Caught Fish, Wild Game.
- Because Collagen is the most abundant protein in the body, it's important to add a Collagen protein nutritional supplement to reduce the effects of aging.

### Healthy Fats

- Avocado
- Olive Oil
- Raw Nut Butters
- Nuts & Seeds (Raw, Soaked, & Sprouted Are Best)
- Coconut Oil & MCT Oil
- Dairy (Organic, Grass Fed, Raw, Cultured when possible)

### Healthy Carbs

- Brown Rice, Beans & Lentils
- Steel Cut Oatmeal
- Sweet Potatoes, Squash & Beets
- Fermented Foods (Sauerkraut, Kimchee, Kefir)
- Sprouted Grains (Rice, Quinoa, Buckwheat, Ezekiel Bread)
- Consider options like Zucchini Noodles or Spaghetti Squash instead of pasta.
- Low Glycemic Hi-Fiber Tart Fruits: Wyman's Wild Berries from Maine & other Tart Fruit (It's best to eat fruit & healthy carbs in the morning because they are burned more efficiently.)

### Beverages

- Filtered Water
- Hydrate, Slim+, Kombucha & Organic Protein Shakes
- Organic Coffee & Tea

**Red means "Stop and think, avoid these foods!"** These are "no time" foods that are high in calories, low in nutrients, high in sugar, and often contain toxins (**artificial colors, hydrogenated oils/trans fats, high fructose corn syrup**, MSG, Aspartame, HVP, BHA, BHT, Sodium Nitrate/Nitrite, Propyl Gallate, Sodium Benzoate...). Red Light Foods act like poison!

## Red Light Foods Include:

- Candy
- White Bread & Rice
- Pastries & Doughnuts
- Most Cookies & Cakes
- Processed & Fast Foods
- High Calorie & High Sugar
- Chips (Baked Chips are ok!)
- Deli Meats with Nitrates/Nitrites
- Sugary Beverages (soda, juice drinks)
- Fatty Meats, Hot Dogs and other Processed Meats