

Traffic Light Eating Grocery List



Green Light Foods "Go" Foods

- Tomatoes*
- Bell peppers* (red & green)
- Red onion*
- Broccoli*
- Green leafys
(kale, spinach*, chard, beet greens)
- Garlic*
- Celery
- Carrots
- Avocado*
- Berries* (blueberries*, blackberries,
raspberries, strawberries, etc.)
- Pomegranate fruit*
- Apples
- Bananas
- Grapefruit
- Oranges
- Melon (cantalope, honeydew, watermelon)
- Spices* (cinnamon, turmeric, black
pepper, ginger, cayenne pepper, etc.)
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Yellow Light Foods "Slow Down" Foods

- Whole grain bread
- Oats (oatmeal*)
- Wild rice
- Lean cuts of meat (chicken, turkey,
grass-raised beef - when available)
- Beans* (kidney, black, etc)
- Wild caught fish (salmon*, tuna)
- Greek yogurt* (plain)
- Eggs (free-range)
- Lentils*
- Oil (olive*, flaxseed, grapeseed)
- Raw nuts* (walnuts, almonds, pistachios,
pecans, peanuts, hazelnuts, etc.)
- Seeds (sunflower, pumpkin, flaxseed
meal etc.)
- Sweet potatoes or yams
- Low-fat cheese
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Red Light Foods "Stop and Think" Foods

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* Dr. Sears' designated superfood