

# Red-Yellow-Green Foods Worksheet

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NAME

.....  
DATE

Use the “traffic light” system to identify which foods work best for you.

## Green light foods

- Foods I like
  - Foods I digest well
  - Foods that support my goals
  - Foods I can eat moderately and sanely
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## Yellow light foods

- Foods I can somewhat tolerate
  - Foods I digest OK sometimes
  - Foods that I can eat in some situations
  - Foods I can eat a little of
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## Red light foods

- Foods I dislike
  - Foods I don't digest or tolerate well
  - Foods that don't support my goals
  - Foods I can't eat moderately and sanely
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