

Understanding Food Choices

A traffic light guide



Green Light Foods Low fat whole plant foods → EAT IN ABUNDANCE	Yellow Light Foods Whole or minimally processed plant foods that are high in fat → PAUSE BEFORE EATING	Red Light Foods Animal products and highly processed foods → ELIMINATE OR MINIMISE
All fruit e.g. apples, bananas, mangoes, berries, kiwifruit	Nuts and Seeds e.g. walnuts, almonds, cashews, pumpkin and sunflower seeds	All meat e.g. red, white, deli meats Processed meats e.g. nuggets, burgers, hotdogs, bacon, ham Fish and seafood
Starchy vegetables e.g. potato, sweet potato, pumpkin, corn	Dried fruit e.g. sultanas, dates, dried mango	All dairy e.g. milk, cheese, yoghurt, butter, ice cream, ghee Coconut products e.g. yogurt, full fat coconut milk, ice cream, excl. coconut water
Non- Starchy vegetables e.g. mushrooms, carrots, broccoli, tomato, cucumber	Avocados	All oils + nut butters e.g. olive, avocado, coconut, canola
Leafy greens e.g. lettuce, rocket, spinach	Plant based milks e.g. soy, almond, hemp, macadamia	Baked goods e.g. croissants, cakes, biscuits Ultra processed foods e.g. margarine, white bread, soft drinks, sugar, flour
Legumes e.g. lentils, chickpeas, kidney beans	Soy products e.g. tofu, edamame, tempeh	Sugary breakfast cereals excl: natural muesli, oats & porridge
Whole grains e.g. rice, oats, barley, quinoa	Pulse pasta e.g. lentil, chickpea	Processed 'vegan' products e.g. burgers/hot dogs, cheese, store bought ice cream
Herbs and Spices fresh or dried	Fermented/preserved foods look for low salt/sodium e.g. kimchi, sauerkraut, olives	Sweeteners e.g. white sugar, high fructose corn syrup, maltodextrin

A note on traffic light choices: A whole food plant-based (WFPB) diet includes fruits, vegetables, legumes, wholegrains, nuts, seeds, and minimally processed plant foods. **Individuals managing heart disease, insulin resistance, or other chronic health conditions may consider opting for a lower-fat WFPB approach** by reducing higher-fat plant foods, such as nuts, seeds, avocado, and soy products. While these foods are part of a WFPB diet, this guide offers guidance for those aiming to limit fat intake for specific health goals. Personalisation is key - choose what aligns with your needs.