

NEWeighs Fact Sheet

Red Light Stop & Think Foods

NUTRIENT-POOR, EXCESS FAT, SUGAR, SALT, OR CALORIES

- Fried potatoes, hash browns, home fries, french fries, potato puffs, instant potatoes
- Deep fried vegetables: onion rings, fried okra, etc.
- Marinated vegetables: beets, cauliflower, olives, etc.
- Canned and frozen fruit in heavy syrup, candied apples
- Fruit fillings, tarts, and turnovers; fruit pastries, pies and cakes; brandied fruit, dried fruit rolls
- Canned, salted, pickled, or smoked meats and fish: lox, bacon, hash, herring, etc.
- Luncheon meats: liverwurst, sausage, ham, salami, spam
- Fried fish and chicken, hot dogs, anchovies, subs, dried smoked beef sticks
- Presweetened cereals, hot instant cereals
- Cookies, cakes, donuts, pies
- Pastries, brownies, breakfast bars, toaster pastries
- Cheese corn puffs, nachos, potato chips, corn chips, caramel popcorn, fried dough
- Cream products: cream cheese, cheesecake, whipped cream, sour cream, non-dairy whipped toppings
- Ice cream: ice cream shakes, frappes, popsicles, sherbet
- Highly sweetened cocoa, chocolate milk, milk with syrup; coffee and caffeinated teas (hot or iced)
- Cream and instant soups, bouillon
- Fruit drinks, punches, lemonade, and sweetened powdered beverage mixes
- Fruit flavored gelatins, fruit flavored syrups, Gatorade, soft drinks, diet sodas, alcoholic beverages
- Jams, jellies, marmalades, candy, chewing gum, syrups, marshmallow toppings and spreads