

NEWeighs Fact Sheet

Yellow Light Caution Foods

NUTRITIOUS BUT HIGHER IN FAT, SUGAR, SALT, OR CALORIES

- Vegetables with added salt
- Processed potatoes: mashed, scalloped, or *au gratin*
- Potato or macaroni salad
- Avocado, guacamole dip; coleslaw, kimchi, pickles, sauerkraut, seaweed, kelp
- Canned or frozen fruits in light syrup; dried fruits: prunes, raisins, dates, apricots, figs
- Unsweetened banana chips, unsweetened coconut
- Eggs: omelets, french toast, egg salad, eggnog
- Hamburger, taco, burrito
- Chopped liver
- Pizza with fresh veggies, grilled cheese sandwich
- Fish canned in oil and salt
- Turkey and chicken roll, chicken or tuna salad
- White flour products: breads, bagels, rolls, muffins, cereals, crackers, pancakes, waffles, graham or animal crackers; angel food or pound cake; pretzels
- Granola cereals and bars
- Lightly buttered popcorn
- Whole milk products: milk, cheese, processed cheese spread
- Yogurt sweetened with fruit preserves
- Rice and tapioca puddings; egg and milk-based custards
- Low-fat and lightly sweetened cocoa and chocolate milk, decaffeinated coffee (hot or iced)
- Low-salt broth, canned soups and chowders
- Fruit juices with added sugar; fruit juice nectars; juice cocktails and juice drinks (25-35% fruit juice); prune juice; pre-sweetened pear and applesauce; sweetened baby food fruits
- Vegetable juices with salt
- Club soda
- "Dietetic" desserts, frozen yogurt or ice milk, low-fat yogurt popsicles