

QUICK SWAP GUIDE

*Use for quick and easy labeling of your food products

All fresh fruits & vegetables

Whole eggs

Whole grain bread, pasta, tortillas

Brown rice

Skim, 1% & 2% milk

Plain water, coffee & tea

**GREEN
FOODS**

100% fruit juice

Regular "white" bread, pasta, tortillas

White rice

Whole milk

Most peanut butter

Plain dried fruit (i.e. raisins)

**YELLOW
FOODS**

Desserts (i.e. ice cream, cookies, and cake)

Candy

Most processed/packaged snacks

Regular soda and juice drinks

**RED
FOODS**