

How to eat for ENERGY and HAPPINESS

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Food can either help...

(fresh fruits, vegetables, whole food ingredients)

or harm...

(processed foods, added sugars)

But how do I know
where to start?

Are you thinking...

***I can't live on salad
alone!!!***

Go, Slow, Seldom System

a simple eating guide
AKA the Traffic Light Eating system

**Use as baseline to get a
NEW START
but also listen to your body!**

TRAFFIC LIGHT EATING



"GO"

Eat everyday as much as you want.

Green Light Foods are:

- All fruits:
 - Apples
 - Grapes
 - Strawberries
 - Bananas
 - Oranges
 - Peaches
 - Etc.
- All vegetables:
 - Broccoli
 - Lettuce
 - Carrots
 - Green beans
 - Spinach
 - Etc.
- Water (flavor with lemon or other fresh fruit if desired)



Yellow Light Foods are:

- Pasta
- Whole grain rice
- Whole grain bread
- Whole grain tortillas
- Eggs
- Lean red meat
- Chicken / Turkey**
- Fish
- Nuts & Seeds
- Beans & Legumes
- Olive oil

**Choose organic when possible



"SLOW DOWN"

Eat everyday but not too much.



"STOP & THINK"

Stop & think about making a better choice.

Red Light Foods are:

- Cookies
- Cakes
- Candy
- Ice cream/Frozen yogurt
- Fatty meats
- White bread/White rice
- Chips
- Doughnuts / Pastries
- Sugary beverages (soda, juice drinks)
- Bacon, ham, hot dogs & other processed meats



Please note: many other foods can fall into these categories. These are just examples to get you started.

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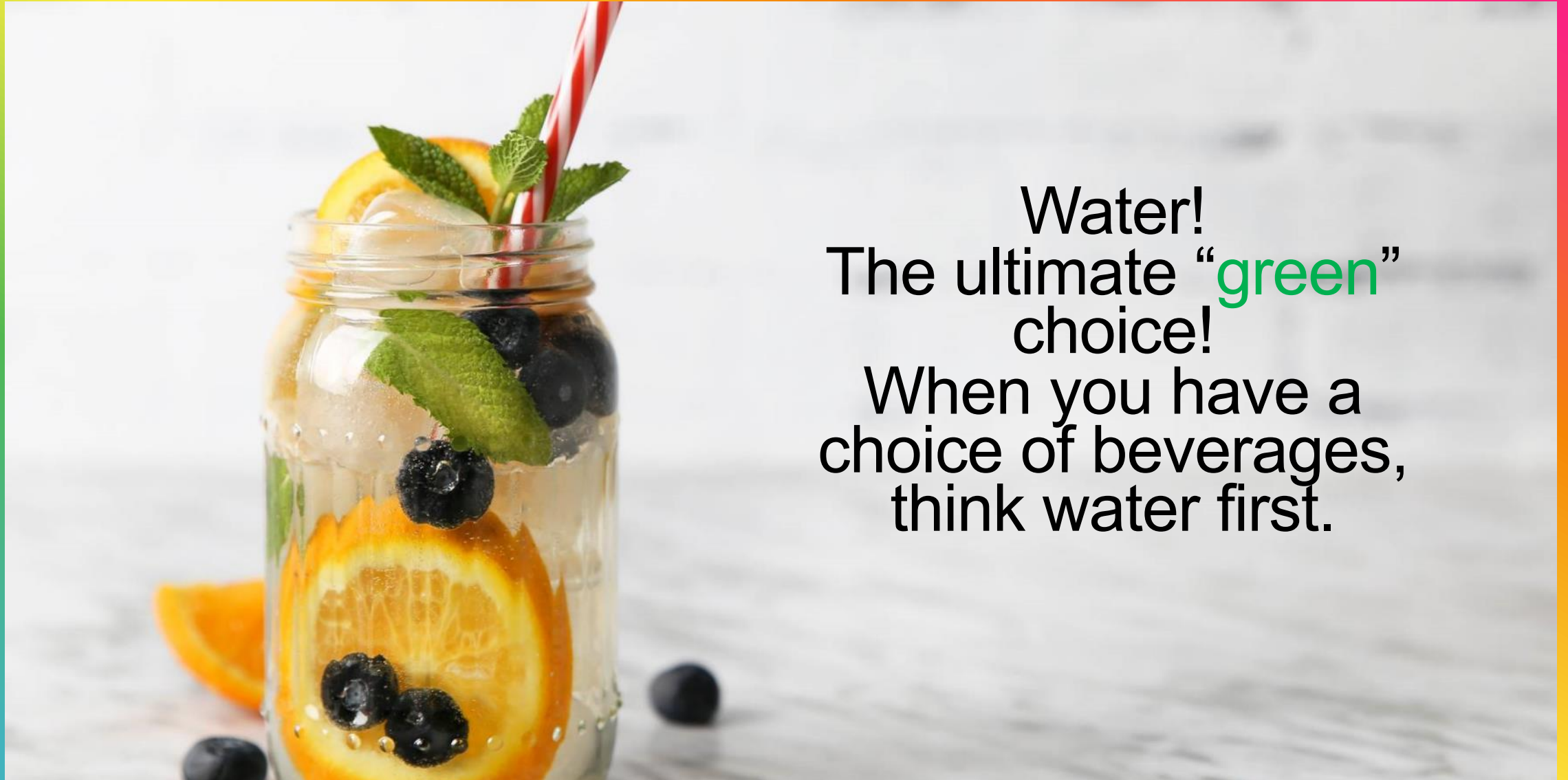
GO foods

aka “**green** foods”

eat as many as you would like, aim for a wide range of colors

- ✓ **all fresh fruits**
- ✓ **raw vegetables**

ALWAYS listen to your body!



Water!
The ultimate “green”
choice!
When you have a
choice of beverages,
think water first.



SLOW foods

aka “**yellow** foods”

higher in fats and proteins,
healthy carbohydrates
eat in moderation

- ✓ **nuts and seeds**
- ✓ **eggs**
- ✓ **olive or avocado oils**
- ✓ **fish**
- ✓ **some meats/chicken**
- ✓ **beans/legumes**
- ✓ **pastas**
- ✓ **whole grain rice and breads**



Seldom foods

aka “red foods”

processed, usually contains added sugars, hydrogenated fats, artificial colors, flavors and preservatives

- ✓ **cookies, muffins, cakes**
- ✓ **cured meats (bacon, lunchmeat)**
- ✓ **ice cream**
- ✓ **chips**
- ✓ **some meats/chicken**
- ✓ **fast foods**
- ✓ **candy**
- ✓ **white bread**
- ✓ **frozen prepared foods/dinners**



REMEMBER
GO (green) foods”
are food that HELP

Seldom (red) foods
HARM

Eat more helpful foods
for energy and
happiness and ALWAYS
listen to your body!



Thank you!

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TheHopeBuilder.com

