

The Traffic Light Method



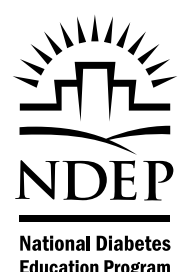
RED Light
Stop, think small, don't eat it all.



YELLOW Light
Go slow or my weight can grow.



GREEN Light
Eat more of these, every day.



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