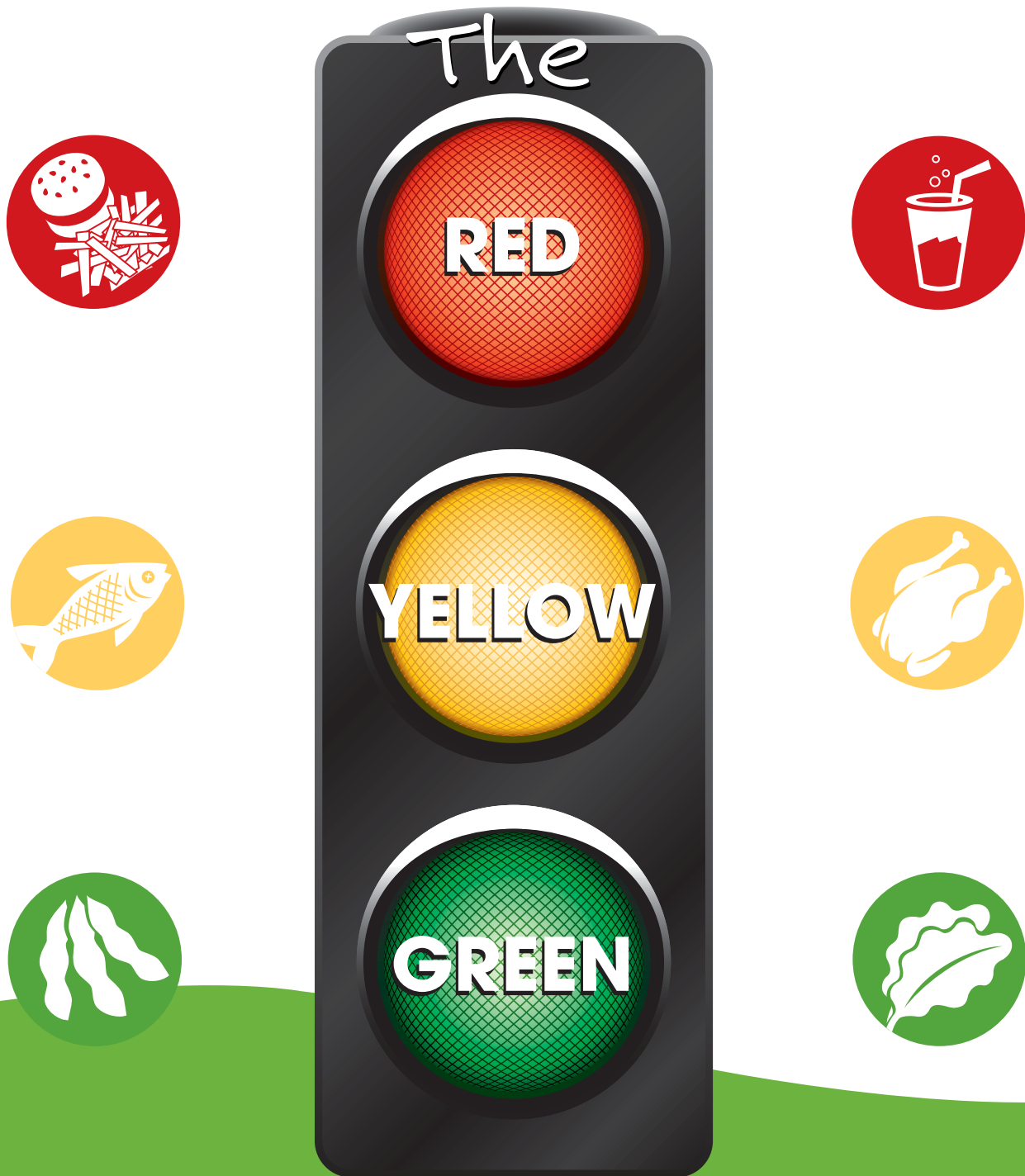


THE GUIDE THAT'S HELPED THOUSANDS SINCE 1983!



# System for Weight Control

*An Easy-to-Use Guide*






The Children's Institute  
Amazing Kids. Amazing Place.

Expanded and  
Updated Edition

# YELLOW - CAUTION

## “Yellow - Caution” Foods

-  are good for my body
-  will not make me gain weight if I eat them in the right amounts
-  are the basic foods I need each day



# The

## **RED - YELLOW - GREEN**

### System for Weight Control



#### **GREEN = Go foods**

- are good for my body
- do not make me gain weight
- I try to eat these foods every day.



#### **YELLOW = Caution Foods**

- are good for my body
- will not make me gain weight if I eat them in the right amounts
- are the basic foods I need every day







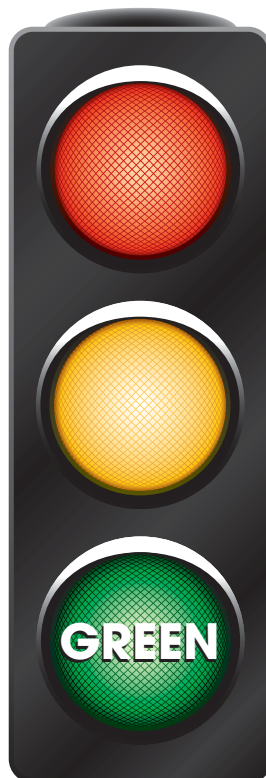
#### **RED = Stop Foods**

- make me gain weight
- I should only eat these foods in limited amounts.

# GREEN - GO

## “Green - Go” Foods

-  are good for my body
-  do not make me gain weight
-  second helpings are alright
-  I try to eat these foods everyday.



# RED - STOP

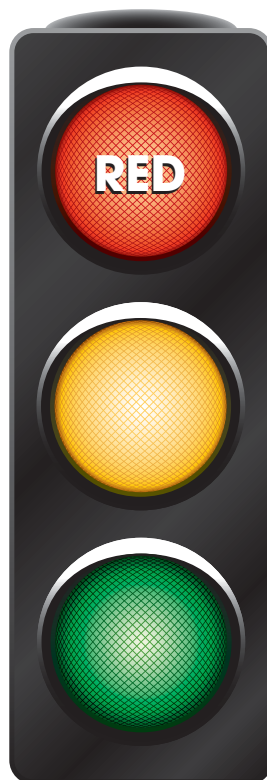
## “Red - Stop” Foods



make me gain weight



I should only eat these foods  
in limited amounts



# What others have said about this guide...

Because of its simplicity, I have used the Red-Yellow-Green book in my pediatric population and with adults who have difficulty following calorie restricted diets. I have children as young as age 3 able to identify foods as red, yellow or green! It is a really effective tool for weight control.

- **Nicole Payne, RD LDN**

**Metabolic Dietitian**

**Children's Hospital of Pittsburgh of UPMC**

We found the Red-Yellow-Green (System for Weight Control) very easy to follow, and I myself have begun using it. We are getting and staying healthy together. The Red-Yellow-Green diet actually allows a person to eat a lot of food, and on occasion I find it hard to eat everything because I am so full.

- **Tymna Lee, Mother**

This diet will allow your child or loved one to feel they are getting LOTS of food, while still supplying low calorie levels. This can be life-changing and life saving. We have proven its effectiveness over 25 years!

- **Cynthia Lee Smith, MD**

**Pediatric Physiatrist and Director of the Prader-Willi Syndrome/Behavioral Disorders Program**

**The Children's Institute**

To order additional copies of this booklet  
please visit: [www.amazingkids.org](http://www.amazingkids.org)

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