

# Traffic Light Model for better Health

**Avoid to  
Eat/ Drink**

**Danger**

**Fried Food, Mandazi,  
Sodas, Sugary drinks,  
Chapati, Fatty Meat,  
Pancakes**

**Eat/ Drink  
Less**

**Caution**

**Eggs, Lean Meat,  
Milk, Bread,  
Cakes**

**Eat/ Drink  
More**

**Good  
to Go**

**Fruits, Vegetables,  
Fish, Chicken,  
whole grains,  
Water**

**Diabetes Prevention Through Schools' Programme**