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**Getting to Know Go For Green**

Foods and beverages are labeled with two kinds of symbols:

- **Yellow Low**: Foods with less sodium and are lower in added sugar.
- **Red Mod**: Foods with more sodium and are moderate in added sugar.

**Yellow Low**

- Low in fat, high in fiber, low in sodium, and low in added sugar.
- Whole grains, legumes, nuts, seeds, and plant-based proteins.
- Some healthy fats and added sugar.

**Red Mod**

- Low in fat, high in fiber, low in sodium, and low in added sugar.
- Whole grains, legumes, nuts, seeds, and plant-based proteins.
- Some healthy fats and added sugar.

**Low in Fat**

- Low in saturated fat.
- Low in trans fat.
- Low in cholesterol.
- Low in sodium.
- Low in added sugar.

**High in Fiber**

- High in fiber.
- High in vitamins and minerals.
- Low in saturated fat.
- Low in trans fat.
- Low in cholesterol.
- Low in sodium.
- Low in added sugar.

**High in Protein**

- High in protein.
- High in vitamins and minerals.
- Low in saturated fat.
- Low in trans fat.
- Low in cholesterol.
- Low in sodium.
- Low in added sugar.

**Healthy**

- Foods that are good for you.
- Foods that provide nutrients.
- Foods that are low in sodium.
- Foods that are low in added sugar.
- Foods that are high in fiber.
- Foods that are high in protein.
- Foods that are low in saturated fat.
- Foods that are low in trans fat.
- Foods that are low in cholesterol.
- Foods that are low in sodium.
- Foods that are low in added sugar.

**Yellow Low**

- Lower processed, whole foods.
- Nutrient packed.
- Low in added sugar.
- Healthy fats.

**Red Mod**

- Most processed foods, often with multiple ingredients.
- Lower in nutrients and fiber.
- Added sugar and artificial sweetener.
- Poor-quality fats.

**Yellow Low**

- Low in sodium (salt content).
- Low in fat.
- Low in sugar.
- Low in added sugar.
- Low in fiber.
- Low in cholesterol.
- Low in saturated fat.
- Low in trans fat.

**Red Mod**

- Moderate sodium (salt content).
- Moderate in fat.
- Moderate in sugar.
- Moderate in added sugar.
- Moderate in fiber.
- Moderate in cholesterol.
- Moderate in saturated fat.
- Moderate in trans fat.

**Green Low**

- Foods that are good for you.
- Foods that provide nutrients.
- Foods that are low in sodium.
- Foods that are low in added sugar.
- Foods that are high in fiber.
- Foods that are high in protein.
- Foods that are low in saturated fat.
- Foods that are low in trans fat.
- Foods that are low in cholesterol.
- Foods that are low in sodium.
- Foods that are low in added sugar.

**Red Mod**

- Foods that are good for you.
- Foods that provide nutrients.
- Foods that are low in sodium.
- Foods that are low in added sugar.
- Foods that are high in fiber.
- Foods that are high in protein.
- Foods that are low in saturated fat.
- Foods that are low in trans fat.
- Foods that are low in cholesterol.
- Foods that are low in sodium.
- Foods that are low in added sugar.