

Healthy FOOD SPIRAL™

How to use the Healthy FOOD SPIRAL™

The Healthy FOOD SPIRAL™ is made up of 6 color stripes and one colored ball at the end of the spiral. You will see the following colors on the spiral:

Light Green: Vegetable Food Group

Dark Green: Fruit Group

Light Yellow: Starch/Bread Group

Dark Yellow: Dairy/Milk Group

Light Red: Meat Group

Dark Red: Fat Group

The colored ball will have a dark red center.



Each color represents a food group. The order of foods is healthiest to least healthy starting with Light Green to the Dark Red Center. Each food group is divided into 3 sections: the top section “GO” Foods, middle section “CAUTION” Foods, and bottom section “STOP” Foods.

Think of it like a stop light:



GREEN Light means GO; GREEN on the Spiral means “GO” Good Foods to choose to eat; YELLOW Light means CAUTION; YELLOW on the Spiral means “CAUTION” or slow down foods;

RED light means STOP; STOP on the Spiral means “STOP” or foods that you should seldom eat.

The small circled numbers inside the Spiral represent the number of Food Factors. These factors and colors for the Healthy FOOD SPIRAL™ are based on calories, fat, fiber, and sodium.

How to Use the Healthy FOOD SPIRAL™

1. Food Groups are put on the Food Spiral and assigned a factor based on the criteria from the Dietary Guidelines.
2. The Healthy FOOD SPIRAL™ looks at calories, fat, fiber, and sodium of each food item.
3. The FOOD SPIRAL™ has 3 sections from top to bottom and 6 food stripes from right to left.
4. The top section of each food group is the “GO” Foods of that group. Using the GO Foods will be the healthiest, the “CAUTION” and “STOP” foods are less healthy. These foods can also make the diet more versatile and include more variety. Choosing wisely and eating in moderation is the key to success with the Healthy FOOD SPIRAL™.
5. In using the Healthy FOOD SPIRAL™, you count factors based on the criteria in #2. For example, a person is given a factor of 12. 12 factors are approximately 1200 calories. You choose foods daily from the Healthy FOOD SPIRAL™ to eat that total 12 factors.
6. Weekly menus are available based on the number of factors you require daily.
7. You can get your personal “FOOD FACTOR” by completing [Favorable Fitness Factor and Health Assessment](http://foodfitnessfirst.com/individual/FFF_1HW.php). (http://foodfitnessfirst.com/individual/FFF_1HW.php)