



The Gastronomic Traffic Light System



The Gastronomic Traffic Light System (GAS) provides helpful guidance when choosing your meal:

Using the well-known traffic light colors, you can quickly and easily see which dishes contribute to a balanced and health-conscious diet.

Whether a dish is classified as **GREEN**, **YELLOW**, or **RED** depends on various evaluation criteria.

The criteria



Quality of Ingredients

All ingredients are evaluated based on their nutritional quality. For example, fresh vegetables or fruit are rated higher than canned or dried products.

For example:

Whole grains,
Legumes

Dairy products
Meat, Eggs

Sausage / Sugar
Ketchup



Preparation Method

How the ingredients are cooked affects the overall quality of the dish. Fried or steamed? Gently heated or not? This influences factors such as fat content, vitamin retention, and more.

For example:

Steamed,
Boiled

Cooked with
little fat

Fried



Fat Content and Fat Quality

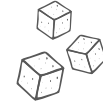
How much oil/fat is included? How good is the quality of the fat in terms of its fatty acid composition?

For example:

Rapeseed oil,
Flaxseed oil

Butter,
Margarine

Coconut oil



Sugar Content

How much sugar is added through the ingredients? "Hidden" sugars are also taken into account.

For example:

Berries,
Vegetables,
Nuts

Yogurt,
Cheese

Jam, Agave
syrup, Honey



Holding Time

Prolonged holding and high temperatures lead to nutrient loss in food. The shorter a dish is kept warm, the better.

For example:

Directly to
the table

Short time,
low
temperature

Extended
holding time



Good luck