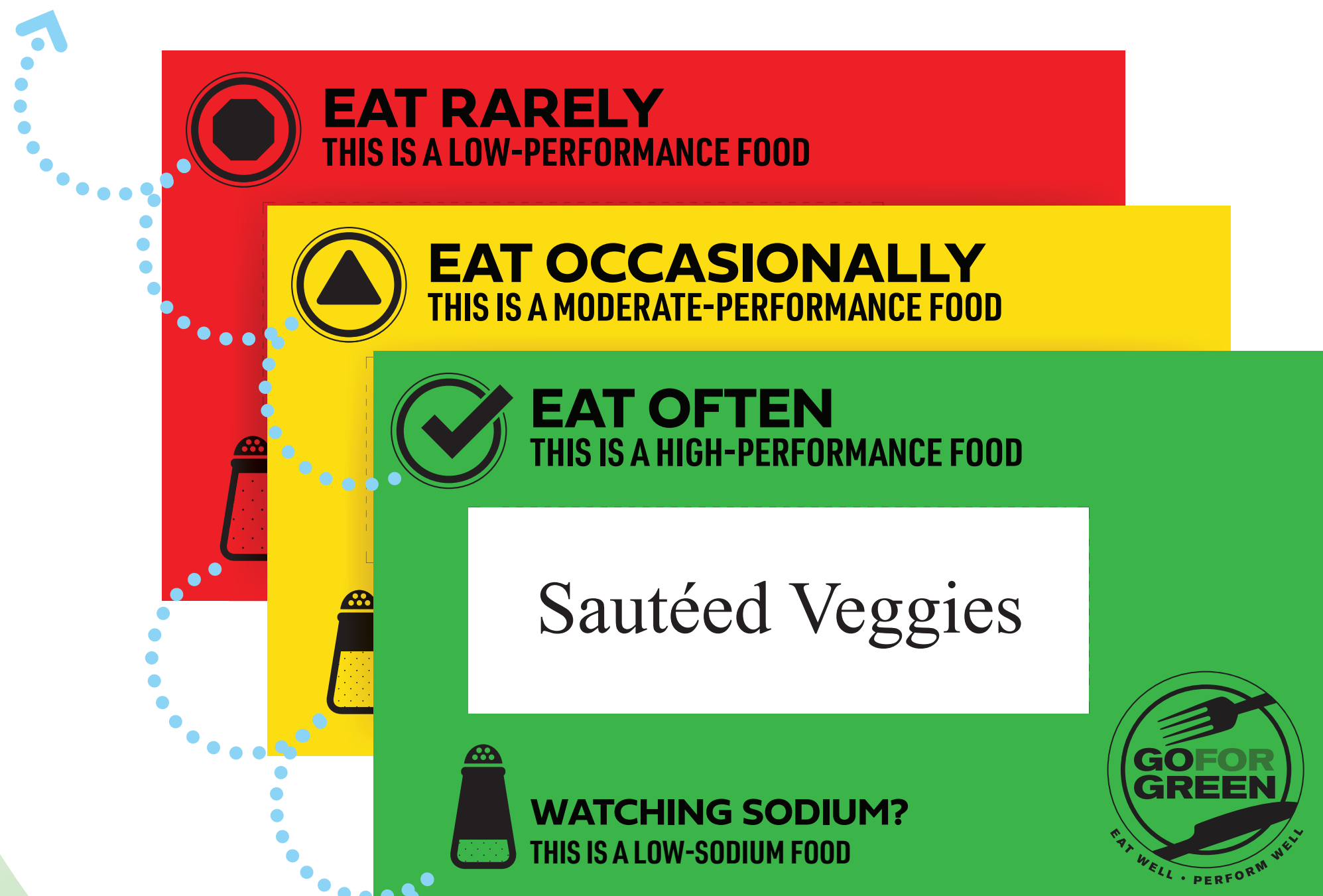


Are you fueling for peak performance?

WHEN TO EAT




The **color of the cards**, as well as the **symbols**, can distinguish between nutrient-rich and not-so-nutritious foods.



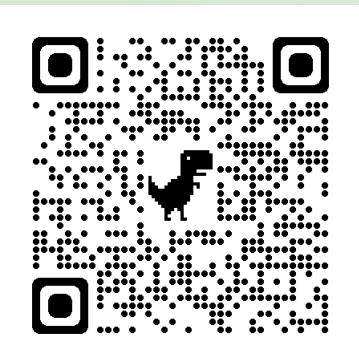
SODIUM

Food cards have a **Low, Medium, or High** sodium salt shaker icon. Too much salt can be unhealthy, but if you exercise regularly, you may need more salt. Adjust accordingly.

Go for Green® makes it easy for you to identify and choose foods that enhance your performance.

-  **Green** High-performance fuel
-  **Yellow** Moderate-performance fuel
-  **Red** Low-performance fuel

Eat Well
PERFORM WELL



hprc-online.org/nutrition/go-for-green

