

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.

EAT RARELY
THIS IS A LOW-PERFORMANCE FOOD

EAT OCCASIONALLY
THIS IS A MODERATE-PERFORMANCE FOOD

EAT OFTEN
THIS IS A HIGH-PERFORMANCE FOOD

Sautéed Veggies

WATCHING SODIUM?
THIS IS A LOW-SODIUM FOOD

GO FOR GREEN
EAT WELL • PERFORM WELL

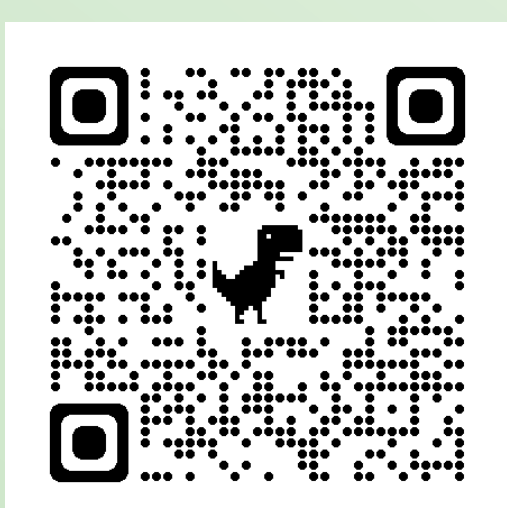
SODIUM

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