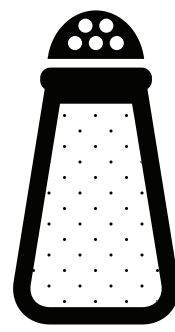
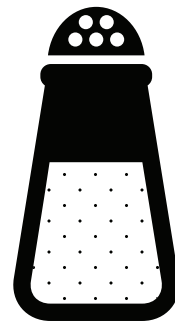


How much SODIUM do you need?



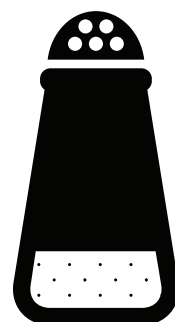
HIGH SODIUM

Eat high-sodium foods if you're active for many hours a day and/or in extreme environments. Otherwise, eat rarely or in small amounts.



MODERATE SODIUM

Eat moderate-sodium foods sometimes. They're appropriate if you're moderately active.



LOW SODIUM

Eat low-sodium foods often, especially if you've been advised to follow a low-sodium diet.

Sodium codes are *independent* of Green, Yellow, or Red codes.

For example, Red-coded foods may be low in sodium.

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

