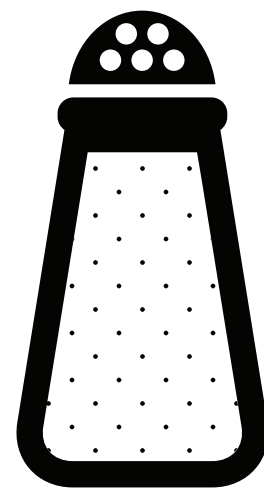
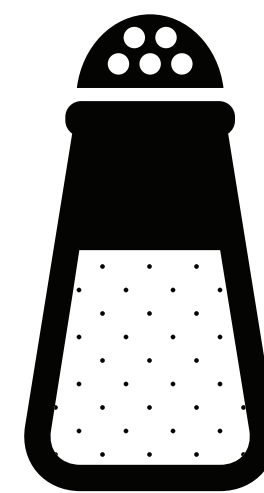


# How much SODIUM do you need?



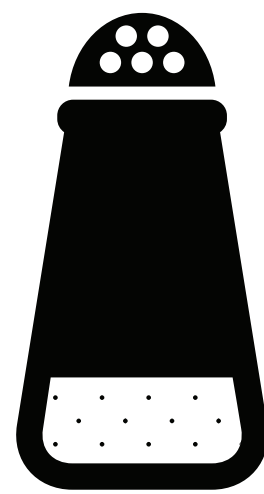
## HIGH SODIUM

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.



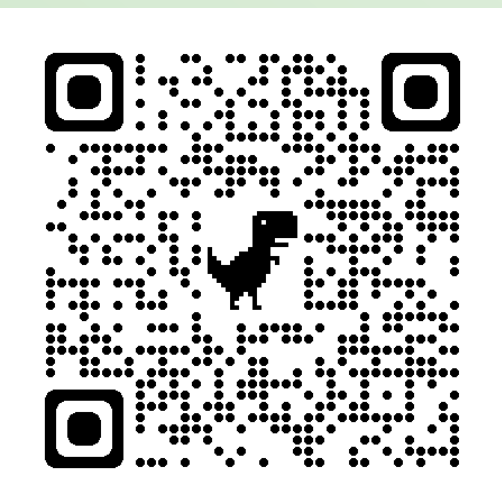
Sodium codes are **independent** of Green, Yellow, or Red codes.

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

Go for Green<sup>®</sup> 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](http://hprc-online.org/nutrition/go-for-green)

