

# Go for Green® 101



## ✔ **EAT OFTEN**

**THIS IS A HIGH-PERFORMANCE FOOD**

High in fiber

High in nutrients

Whole foods

No added sugar/artificial sweeteners

Includes healthy fats

## ▲ **EAT OCCASIONALLY**

**THIS IS A MODERATE-PERFORMANCE FOOD**

Moderate in fiber

Some healthy nutrients

Foods with some processing

Added sugar/artificial sweeteners

Poor-quality fats

## ● **EAT RARELY**

**THIS IS A LOW-PERFORMANCE FOOD**

Lowest in fiber

Lowest in nutrients

Most-processed foods

Added sugar/artificial sweeteners

Excess fat, trans fat, or fried foods

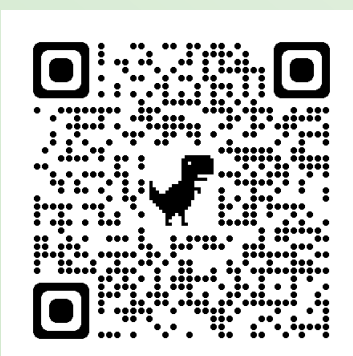
Go for Green® makes it easy for you to identify and choose foods that enhance your performance.

✔ **Green** *High-performance fuel*

▲ **Yellow** *Moderate-performance fuel*

● **Red** *Low-performance fuel*

*Eat Well*  
**PERFORM WELL**



[hprc-online.org/nutrition/go-for-green](http://hprc-online.org/nutrition/go-for-green)

