

# Go for Green<sup>®</sup> 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<sup>®</sup> makes it easy for you to identify and choose foods that enhance your performance.



**Green** *High-performance fuel*

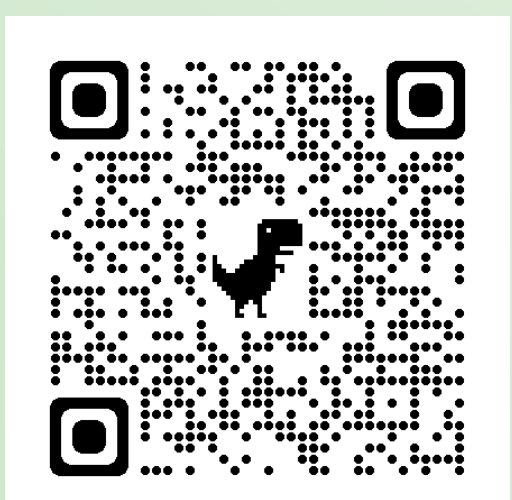


**Yellow** *Moderate-performance fuel*



**Red** *Low-performance fuel*

*Eat Well*  
**PERFORM WELL**



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

