

# GO FOR GREEN® START RIGHT

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

