

# Go for Green<sup>®</sup> 2.0

## Program Requirements

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Go for Green<sup>®</sup> (G4G) is a joint service performance-nutrition initiative that improves the food environment where Service Members live and work. G4G prompts better food and beverage selections with the aim to optimize performance, readiness, and health.

### **G4G VERSION 2.0**

G4G originated with the Soldier Fueling Initiative in 2008 with a focus on stoplight-color labeling of foods and use of a standardized menu. Most dining facilities and galleys later adopted its color-coded labeling aspect. However, some challenges included inconsistent coding, inaccurate and unclear labels, lack of staff training, and limited program guidance. This led to inconsistent implementation of G4G across dining facilities and frustrated staff, ultimately resulting in diners losing trust in the G4G brand.

The challenges noted in earlier versions of G4G prompted its revision by nutrition and foodservice professionals from all Services. From 2014–2016, G4G was rebranded as the Department of Defense (DoD)-wide G4G 2.0 with a new logo and educational materials. Pilot testing resulted in further changes to the G4G initiative. G4G 2.0 incorporates lessons learned, best practices in health promotion, and the latest nutrition science to more effectively impact the nutritional status of Service Members. Specifically, behavior-change science suggests that initiatives such as G4G can do more than just label foods to promote better food choices. G4G also has incorporated additional marketing, choice architecture, and food promotion strategies. Staff training and other measures to increase standardization and quality control have been woven into program requirements. As well, clear program guidance for how to implement G4G to fidelity has been defined. The revised G4G 2.0 approach has enhanced credibility and its ability to impact Service Members' nutrition-related behaviors.

Currently, the name “G4G 2.0” is used to differentiate between the present, rebranded initiative and previous versions, including the original G4G (version 1.0) and early pilot tests of the revised G4G (version 1.5, used from 2015–2016). As dining facilities and galleys adopt the current G4G, there's no longer a need to distinguish between versions.

### **G4G 2.0 COMPONENTS**

- ▶ The new two-part coding system is based on revised G4G Criteria:
  - Code 1: Green, Yellow, and Red color codes identify nutritional quality.
  - Code 2: Low, Moderate, and High saltshaker symbols identify sodium content. Sodium coding is independent of color coding.
- ▶ Food-placement (choice architecture) practices meet two goals: displaying Green-coded foods and beverages in more visible places; and placing Red-coded foods and beverages in less visible places. Strategic food and beverage placement nudges diners to choose the healthier, Green-coded choices.
- ▶ Menu Coding Goals drive menu revisions to increase the availability and variety of Green-coded options in dining facilities. Menus and recipe development by G4G and the Armed Forces Recipe Service (AFRS) ensure foods eaten for performance can still be tasty.

- ▶ Promotion of Green-coded menu items by displaying colorful, garnished “Featured Meals” and sample plates in dining facilities and galleys.
- ▶ Marketing campaigns and nutrition education empower and motivate Service Members to make better food and beverage choices.

## **POLICY AND GOVERNANCE**

G4G is in line with current military policies and standards. Mandate for a nutrition-education system such as G4G is found in the DoD Food Service Program (DoDI 1338.10 and DoDM 1338.10) and Nutrition and Menu Standards for Human Performance Optimization (Army Regulation 40–25, OPNAVINST 10110.1/MCO 10110.49, and AFI 44–141). A memo from the Assistant Secretary of Defense, Health Affairs in support of the Soldier Fueling Initiative established G4G at Army basic and advanced training sites. It also established the role of the Joint Culinary Center of Excellence (JCCoE) in standardizing the menus for those sites. The Joint Subsistence Policy Board (JSPB) and DoD Nutrition Committee (DoDNC) govern G4G, including review and approval of key documents.

The DoD Food and Nutrition Subcommittee Go for Green<sup>®</sup> Working Group led the revision and rebranding of G4G as an evidence-based approach to optimize performance nutrition in the military. Currently, the Consortium for Health and Military Performance (CHAMP) serves as a program office. CHAMP offers subject-matter expertise in performance optimization, nutrition, research, and educational initiatives. It’s also the hub for programmatic developments, research, and training related to G4G.

### ***Resources:***

- ▶ [Why It Works: Research Behind G4G](#)
- ▶ [Go for Green<sup>®</sup> Background](#)

## **SERVICE-SPECIFIC GUIDANCE**

G4G 2.0 is defined in the following Program Requirements. Each Service shall establish a reasonable timeframe to operationalize G4G 2.0, particularly to allow transition from the original G4G to G4G 2.0. Each Service Food Program Office will determine its approach for implementing G4G in garrison/galley foodservice operations, and it will establish a system for monitoring compliance with G4G 2.0.

The U.S. Marine Corps (USMC) will continue to use the name Fueled to Fight<sup>®</sup> as their mess hall nutrition-education program. All nutritional program requirements/implementation guidance and G4G criteria will be aligned within USMC’s Fueled to Fight<sup>®</sup> program. Requirements provide permission to substitute the name “F2F” where documents read “G4G.” Marketing materials will be different (yet similar in nature) due to different naming conventions and single Service application.

# PROGRAM REQUIREMENTS

This document details requirements to implement G4G and display trademarked materials of the revised and rebranded G4G 2.0. These requirements will maintain the integrity and accuracy of G4G across hundreds of facilities in the military, ensuring minimum standards regardless of Service branch or location. Consistency and reliability build the trust of the intended audience: Service Members. The Go for Green® (G4G) terms are trademarked and may not be used by commercial entities in advertising or on product packaging labels.

Currently, G4G is intended for appropriated-fund dining facilities, galleys, and medical treatment facilities (MTF); other foodservice entities on installations are not eligible at this time but may be eligible pending creation of program guidance to meet their unique environments.

*To brand as G4G 2.0, your dining facility or galley must meet the following Program Requirements.*

1. Standardized Dissemination of Go for Green® Through Training
2. Food and Beverage Coding Based on Approved G4G Criteria
3. G4G Menu Coding Goals
4. Standardized Display of G4G Color and Sodium Codes
5. Food-Placement Strategies
6. Promotion of Green-coded Foods
7. Marketing and Education
8. Staff Training at the Dining Facility/Galley Level

## Planning and Implementation Timeline

The [sample G4G implementation timeline](#) is based on G4G pilot testing. It takes most dining facilities 6–12 months to execute all requirements for G4G. A phased approach is recommended and detailed in the timeline. The phases are: Planning; Phase 1 implementation: “Soft Launch”; Phase 2 implementation; Phase 3 implementation: “Gold Standard”; and Maintenance.

The exact amount of time needed depends on use of centralized coding, standardized enterprise-wide menus, the size of the dining facility, the status of the dining facility menu, and personnel. Twelve months is preferred for most facilities. For an entire Service to roll out G4G 2.0 across its enterprise and create the infrastructure to fully institutionalize implementation and monitoring of G4G, two years is recommended.

### Resources:

- ▶ [G4G section](#) of the Human Performance Resource Center (HPRC) website
- ▶ [Appendix A: Sample G4G Implementation Timeline](#)

## 1. STANDARDIZED DISSEMINATION OF GO FOR GREEN® THROUGH TRAINING

Standardized dissemination of G4G 2.0 begins with training and consultation with the G4G Program Office. For an entire Service to meet the minimum requirements to implement G4G, Food Program leadership at both the headquarters and installation levels, including contracted operations, must attend the G4G 2.0 Program Requirements training. At the dining facility level, at least 2 people must attend the G4G 2.0 Program Requirements Training and G4G Staff Trainer sessions. Each Service also must identify qualified nutrition assets to assign G4G color codes to menu items and train them as G4G Coders.

Each Service Food Program Office is asked to assign a liaison to the G4G Program Office to more efficiently streamline and provide information. This person will be the point of contact for important reciprocal communication about G4G 2.0 implementation.

The G4G Program Office centrally controls training and certification. Trainings can be adapted in collaboration with the G4G Program Office to meet the unique needs of each Service.

### Recommendations

To implement G4G, it is recommended that each Service establish a G4G Planning Team, with a minimum of 4–5 individuals, at the Food Program headquarters level. Areas of expertise needed include: (1) Menu revision and coding oversight; (2) Dining facility operations; (3) Training; (4) Marketing and promotion; and (5) Quality control and monitoring of G4G for program fidelity. As feasible, G4G oversight can be incorporated into position descriptions or operational duties.

In addition, a G4G Planning Team at the dining facility level also is encouraged. This team might have as few as 2 individuals if menu design and coding is occurring at a central location for the Service or at least 4 individuals if coding is occurring locally. Multiple skill sets are needed, and duties may be in addition to existing responsibilities. Use of a G4G Planning Team is a best practice. It reduces reliance on one single person to implement and maintain G4G; it also defines clear roles that must be replaced when team members PCS or leave the facility.

It is recommended to involve the Food Program Manager or whoever is negotiating contracts with vendors in the planning of G4G as well. This food systems leader needs to be aware that G4G involves menu and ingredient revisions, and he or she might need to assist the G4G Planning Team Lead in ordering new items.

### Resources:

- ▶ [Appendix B: Standardized Dissemination of G4G through Training](#)
- ▶ [Headquarters G4G Planning Team](#)
- ▶ [Dining Facility G4G Planning Team Worksheet](#)
- ▶ [Service-specific G4G Point of Contact](#)

## 2. FOOD AND BEVERAGE CODING BASED ON APPROVED G4G CRITERIA

### G4G Criteria

The G4G Criteria were established by review of the scientific literature on nutrition and input from DoD nutrition professionals. Criteria will be reviewed at least every 5 years, and revisions will be approved by JSPB and DoDFNSC. Upon review, criteria will be updated according to new scientific evidence, input from subject-matter experts, and the availability of new food products. In order to use G4G Food Cards to label menu items, G4G requires that each Service, installation, and dining facility use the approved G4G Criteria.

Coding refers to the manner in which G4G Criteria are operationalized. It involves applying nutrition, preparation, and ingredient information in a consistent manner to evaluate whether a menu item (recipe or ready-to-use [RTU] item) will meet criteria for a Green, Yellow, or Red code and a Low, Moderate, or High sodium code. See [Appendix C: Evidence for G4G Criteria](#) for more details.

## Standardized Code Assignment: G4G Coding Algorithm

The G4G Coding Algorithm is the standardized method for determining the color and sodium codes of a recipe or RTU item. The algorithm was developed by a joint service team of dietitians to ensure code assignment is replicable and to maintain quality control. It has been verified by AFRS for more than 2,000 recipes to ensure the algorithm assigns color codes in line with the G4G Criteria. The algorithm will be reviewed and updated as needed—anytime the criteria are changed or updated.

For color assignment, the G4G Coding Algorithm has been programmed into a user-friendly, web-based format. The user enters basic nutrition information obtained from the nutrient analysis and ingredient list for a recipe or from the Nutrition Facts Panel and the ingredient list for RTU items. The web-based G4G Coding Algorithm then automatically assigns points to an item and the G4G color code. Color-code assignments are based on point ranges: 0–4 points for Red, 5–8 points for Yellow, and 9–13 points for Green. The G4G Coding Algorithm is also available in a handwritten format.

For sodium-code assignment, sodium content per serving is obtained from either the Nutrition Facts panel (RTU items) or nutrient analysis (recipes). Using the web-based format, the user selects the category (entrées, grains and other starches, vegetables, etc.) and then inputs the milligrams of sodium to determine the appropriate range (Low, Moderate, or High). The handwritten format includes a simple reference chart to determine sodium code. Based on information from the Sodium Criteria table and the category of food item (for example, soup vs. fruit), the menu item is designated as Low, Moderate, or High sodium.

## Coding Process Approaches

There are multiple approaches to coding that a Service can take. The selected approach will depend on available resources (personnel and cost), infrastructure (nutrient-analysis software access), control over menu (standardized menu and headquarters approval versus local menus), and method of staffing foodservice operations (contract or uniformed personnel). Due to the myriad of factors, there is no one-size-fits-all approach to coding. Regardless of approach to coding, G4G requires that each Service:

- ▶ Establish a standardized and consistent approach to coding and puts quality-control measures in place. See details in [Appendix D: G4G Coding Process Approaches](#).
- ▶ Allow only qualified nutrition assets who are Certified G4G Coders to assign codes.
  - Note: The G4G Program Office centrally controls certification. Qualified nutrition assets who are Certified G4G Coders must have access to nutrient information to use the G4G Coding Algorithm (see [Appendix E: G4G Coding Algorithm](#)) and assign codes.
- ▶ Coding recipes requires access to nutrition-analysis software (or the nutrient data generated by nutrition-analysis software).
- ▶ Coding RTU items requires access to the Nutrition Facts panel and ingredients list for those items.

## What to Code

To meet the requirements of “Gold Standard” implementation, all ready-to-serve foods, beverages, and dining-facility-prepared recipes need to be coded. This can be accomplished in phases (see [Appendix A: Sample G4G Implementation Timeline](#)). Facilities should be prepared to code and label all items in the serving area within 12 months

of the “soft” launch. The “soft” launch occurs after G4G Phase 1; the term refers to the point at which G4G becomes visible to diners—specifically when the revised, rebranded G4G marketing and educational materials are displayed.

**Resources:**

- ▶ [Appendix B: Standardized Dissemination of G4G through Training](#)
- ▶ [Appendix C: Evidence for G4G Criteria](#)
- ▶ [Appendix D: G4G Coding Process Approaches](#)
- ▶ [Appendix E: G4G Coding Algorithm](#)

### 3. G4G MENU CODING GOALS

Appropriated-fund dining facilities must provide Service Members a sufficient number of Green-coded (healthier) food options to earn use of the name “Go for Green®” and display the rebranded G4G materials (logo, posters, Food Cards, etc.) This “earned” status may require progressive incorporation of better (Green-coded and/or Yellow-coded) options over a period of time before displaying G4G 2.0 materials (see “Phased Approach to Meeting Menu Coding Goals” below).

[Appendix G: G4G Menu Coding Goals](#) provides details of minimum requirements per meal and per menu category. In general, there should be a Green-coded option for each meal part (entrée, starchy side, non-starchy side) at each station (Hotline, Short Order/Grill, specialty bar, etc.) for each meal served daily. Green-coded traditional breakfast options are limited at this time, thus G4G Menu Coding Goals provide separate guidelines for breakfast vs. lunch and dinner.

#### Phased Approach to Meeting Menu Coding Goals

To prepare for G4G, most dining facilities need to revise their menus. Services with centralized or standardized menus may accomplish revisions efficiently at the headquarters level. Facilities that design menus and choose recipes locally may require more time. This is expected and built into the [sample G4G implementation timeline](#). It suggests allowing 6 weeks each during G4G Phases 1, 2, and 3 for menu revisions. It is acceptable to allow more time between phases due to staffing or intensive menu changes at the facility.

*Facilities must meet the G4G “Soft Launch” minimum standards before G4G 2.0 Food Cards, signage, or logo can be displayed. No more than 12 months should pass between the display of G4G marketing materials and achieving “Gold Standard” implementation, in which all bars and stations meet G4G Program Requirements.*

**Resources:**

- ▶ [Appendix G: G4G Menu Coding Goals](#)
- ▶ [Appendix I: G4G Soft Launch Minimum Requirements Checklist](#)
- ▶ [Toolkit for menu revisions](#), including Guideline Cards for many bars/stations, pre-coded AFRS recipes, and Sample Menus for breakfast and lunch/dinner

## 4. STANDARDIZED DISPLAY OF G4G COLOR AND SODIUM CODES

For physical menu signage, only G4G-approved materials can be used. Three options are available: small and large Food Cards and Beverage Cards and 8.5” x 11” Coding Signs that allow display of color codes for multiple items in small spaces where individual cards are not feasible. Displayed Food Cards, Beverage Cards, and Coding Signs must be neat and near the “labeled” foods and beverages.

Signage also must be similar to the approved G4G template for Digital Menus. Digital menu boards with color codes and saltshaker symbols, along with the G4G 2.0 logo, must meet G4G requirements. To impact diner behavior, color and sodium codes must be placed near served foods.

### *Resources:*

- ▶ [Displaying Food Cards at Meals](#)
- ▶ [Digital Menus](#)

## 5. FOOD-PLACEMENT STRATEGIES

There are many no-cost and low-cost food-placement strategies that prompt Service Members to choose high-performance fuel. G4G requires at least 3 food-placement strategies be in place daily for each serving area (Hotline, Sandwich/Deli Bar, Short Order/Grill, Salad Bar, specialty bars, Dessert Bar, and Beverages).

The first required food-placement strategy at each serving area is to display items by G4G color code: Green-coded items on the line first, followed by Yellow-coded ones, then Red-coded items. Green-coded items should be placed first on the line, regardless of category. Exceptions include where logic requires a “base” (that is, spaghetti on Hotline or potato on Potato Bar) to be presented prior to adding a sauce or topping, even if the spaghetti or potato is Yellow-coded and the sauce or topping is Green-coded. At beverage stations, where it isn’t always feasible to move equipment, there are also exceptions to this order by G4G color code; offering water and unsweetened beverages in prominent locations is a suitable alternative.

### *Resources:*

- ▶ [Appendix A: Sample G4G Implementation Timeline](#)
- ▶ [Appendix H: G4G Food-placement Goals](#)
- ▶ [Food-placement tips](#)

## 6. PROMOTION OF GREEN-CODED FOODS

In addition to food-placement strategies, dining facilities and galleys also must actively promote Green-coded foods as part of G4G 2.0. When a new Green-coded menu item is added, facilities should present signage. For example, facilities should promote the addition of Green-coded grilled chicken at the Short Order/Grill.

In addition, a Green-coded meal must be featured at least once a week during Phase 1. At minimum, Phase 3 “Gold Standard” must feature a Green-coded meal daily at 3 stations (for example, Hotline, Salad Bar, and a specialty bar). The display for “Featured Meal” and “New Item” should include a visually appealing sign with at least: meal name, graphic/photo, G4G logo, and the words “G4G Featured Meal.” If an item is featured at a self-service bar, such as the Salad Bar or a specialty bar, then facilities should provide directions on how to construct the meal. G4G-approved templates are provided for both printed and digital menus to help maintain standardization.

Note: The requirement to promote Green-coded meals is not intended to limit a dining facility’s ability to promote a theme meal or holiday menu that is not Green-coded.

### **Resources:**

- ▶ To plan Featured Meals and new-item promotions, use the [Go for Green® Marketing Worksheet](#)
- ▶ To easily meet requirements for “Featured Meal” and “New Item” signs, read “[G4G Featured Meals and Sample Plates](#)”

## **7. MARKETING AND EDUCATION**

Dining facilities must actively promote the Go for Green® initiative by using a consistent multi-pronged marketing approach. Professionally printed materials are available on the Army Public Health Center’s Health Information Products e-Catalog (see Resources below). Each Service or local dining facility/galley is responsible for covering the cost of other materials such as poster frames, Food Card holders, and white sticky labels for creating Food Cards. Marketing efforts should include print materials, social media campaigns, press releases, local articles, and informing diners about the G4G section of the HPRC website. In addition, dining facilities are strongly encouraged to engage with a registered dietitian (RD), or qualified nutrition professional designated by an RD, who can brief Service Members on performance nutrition. These marketing strategies are synergistic.

Key marketing goals are to:

- ▶ Promote the dining facility/galley and the G4G brand
- ▶ Educate Service Members on how to apply G4G to improve his or her nutrition for performance
- ▶ Influence diner food and beverage choices

***Facilities must meet minimum standards for the G4G “Soft Launch” before G4G 2.0 Food Cards, signage, or logos can be displayed.***

### **Print Materials**

Only standardized G4G posters, Food Cards, Beverage Cards, table tents, and brochures may be displayed. Permanent marketing materials must be displayed in the dining facility at all times. In addition, rotating marketing materials must be changed every 3–4 months and should not remain for more than 5 months at any time.

If the need for other materials or versions of a G4G material is identified, Services and local dining facilities are encouraged to submit a request to the G4G Program Office. With collaborative approval from the Service and G4G Program Office, new requests may be developed into standardized G4G products.

### **Resources:**

- ▶ [Materials](#), including Food Cards, Beverage Cards, posters, table tents, and trifold brochure
- ▶ [Professional Printing Instructions](#)

### **Social Media**

Dining facilities with Facebook or Twitter accounts should post G4G messages at least twice a week on each platform. When possible, connect with the Command for units eating in the dining facility and offer G4G messages for their Facebook and Twitter accounts.

Standardized messages and graphics are provided through multiple sources to ensure a steady supply of accurate content is available to G4G dining facilities. Follow the official G4G Facebook page for content to forward to dining facility/galley and installation audiences. Facilities also are encouraged to supplement standardized messages with posts (messages and photos) to promote new Green-coded menu items or “Featured Meals.” The local posts can be creative, but they also must be accurate.

**Resources:**

- ▶ [G4G Facebook page](#)
- ▶ [Social media messages](#)

### **Press Releases, Articles, and Media**

Dining facilities can actively promote their facility and highlight launch of G4G through media. When working with the press, use only the standardized Go for Green® Talking Points and G4G graphics to ensure accuracy of information.

**Resources:**

- ▶ [Materials](#), including Go for Green® Talking Points and article and press-release templates

### **G4G section of the HPRC website**

Dining facilities should promote the G4G section of the HPRC website as the official information source for G4G to diners, leaders, and Service Members.

**Resource:**

- ▶ [G4G section of the HPRC website](#)

### **Nutrition Education**

The nutrition asset on the local G4G Planning Team should reach out to Commands eating in the dining facility/galley and offer performance-nutrition classes to Service Members where possible.

**Resource:**

- ▶ Map out a marketing and education plan for the facility using the [Go for Green® Marketing Worksheet](#)

## **8. STAFF TRAINING AT THE DINING FACILITY/GALLEY LEVEL**

The success of G4G in the dining facility depends on adequate staff training and engagement. For each step—following recipes, labeling items correctly with Food Cards, hanging G4G posters, and displaying “Featured Meals”—a trained and knowledgeable staff is essential to the execution of G4G. Staff interaction with diners, having a positive attitude toward G4G, offering informed responses to diner questions, and suggesting Green-coded choices on the line greatly impact how Service Members experience G4G.

***A minimum of 80% of dining facility/galley staff must be trained at all times (on an annual basis).***

### ***To meet this requirement:***

- ▶ A Certified G4G Staff Trainer must teach G4G training modules.
  - Each dining facility should maintain training records and have them available for review.
  - Training with all G4G training modules should be complete (80% of staff) prior to the “Soft Launch.”
- ▶ After the “Soft Launch,” G4G training modules should be offered at least annually to meet staff training requirements.
  - One option to meeting this requirement is to offer modules as a monthly in-service training.
- ▶ Within one month of arrival to the dining facility, new staff should be oriented to G4G by the G4G Planning Team Lead.
- ▶ Training with standardized G4G training modules should be completed within 3 months of arrival to the dining facility.

## **Training Content**

The G4G Program Office centrally controls training content. Trainings can be adapted in collaboration with the G4G Program Office to meet the unique needs of each Service.

Six standardized G4G modules, each approximately 20 minutes, are intended for all foodservice staff members. In addition, shift leaders, supervisors, and dining facility managers need to be trained on 2 additional modules, which are 30 minutes each. Other dining facility stakeholders and interested leadership are encouraged to attend these trainings for situational awareness. G4G training modules must be taught in person by a Certified G4G Staff Trainer. Objectives of training are for all staff to demonstrate basic understanding of the five G4G 2.0 program components, goals of G4G as they relate to performance nutrition, and operational duties associated with supporting G4G in the dining facility.

### ***Resource:***

- ▶ [Appendix F: G4G 2.0: What Dining Facility/Galley Staff Need to Know](#)

## **SOFT LAUNCH**

The “Soft Launch” refers to the point in time when a dining facility/galley has met the G4G 2.0 Program Requirements for at least 3 serving stations/bars (as outlined above). Once these requirements are met, dining facilities/galleys can replace old G4G materials with G4G 2.0 logo and materials. This visual cue alerts diners that G4G 2.0 is in place at this facility.

***To display the new G4G 2.0 logo and marketing materials, the dining facility or galley must meet the minimum Program Requirements for the “Soft Launch.”***

### ***Resource:***

- ▶ [Appendix I: G4G “Soft Launch” Minimum Requirements Checklist](#)

## GOLD STANDARD

“Gold Standard” implementation refers to the point in time when a dining facility/galley is meeting all G4G 2.0 Program Requirements. Marketing and promotion of the dining facility/galley as a G4G 2.0 site can then be accelerated. Dining facilities and galleys should use the G4G Program Fidelity Evaluation annually to ensure they’re meeting all Program Requirements.

*Facilities should meet full G4G Program Requirements, called “Gold Standard,” within 12 months of the “Soft Launch” and initial display of G4G 2.0 materials.*

### Resource:

- ▶ [G4G Program Fidelity Evaluation—Annual](#)

## MAINTENANCE PHASE

### Quality Control to Continue Meeting Program Requirements

After fully implementing G4G to meet Program Requirements (that is, after Phase 3 or “Gold Standard” if using a phased approach), a dining facility/galley moves into the Maintenance Phase. All G4G program components need to be maintained to continue meeting the Program Requirements and display G4G signage and logo.

Each Service determines its plan for quality control and auditing dining facilities/galleys to ensure continued compliance with G4G 2.0 Program Requirements. The following resources have been developed to assist this process. The G4G Program Office maintains control over content. However, in collaboration with the G4G Program Office, any tool may be adapted to meet the Service’s needs.

### Resource:

- ▶ [G4G Program Fidelity—Short Audit](#)

At the local level, each dining facility should conduct internal quality control checks on G4G. The G4G Planning Team Lead at the dining facility/galley is responsible for G4G 2.0 meeting the Program Requirements. Daily, monthly, and annual checklists are available to assist dining facility managers in maintaining standardization, quality, and adherence to the Program Requirements. These tools can be used throughout the implementation process as well as during the Maintenance Phase.

### Resources:

- ▶ [Appendix J: G4G Management Checklist—Daily](#)
- ▶ [Appendix K: G4G Management Checklist—Monthly](#)
- ▶ [G4G Program Fidelity Evaluation—Annual](#)

## G4G 2.0 Updates

Every 5 years, revised Program Requirements, including food and beverage criteria and menu requirements, will be released. These are intended to keep G4G up-to-date due to evolving science, DoD policy, and military community contributions to lessons learned. After new guidelines are released, dining facilities/galleys have 12 months to implement the changes because menu coding and revisions take time.

## Communication with the G4G Program Office

Contact with the team at the G4G Program Office is critical and part of the Program Requirements. Each Service Food Program is asked to assign a liaison to the G4G Program Office. In addition, the G4G Program Office requests a second liaison from the Office of the Surgeon General for each Service, likely the Nutrition Consultant to the Surgeon General. Both persons will be the POCs for important reciprocal communication about G4G 2.0 implementation.

### *Resources:*

- ▶ For additional information, including other G4G documents, resources, and materials, visit the [G4G section](#) of the HPRC website
- ▶ For questions not addressed in the G4G section of the HPRC website, [ask the Go for Green® team](#).

## PROGRAM REQUIREMENTS

### Appendix List

The appendices included with this Program Requirements document are also available online at the links below:

[Appendix A: Sample G4G Implementation Timeline](#)

[Appendix B: Standardized Dissemination of G4G through Training](#)

[Appendix C: Evidence for G4G Criteria](#)

[Appendix D: G4G Coding Process Approaches](#)

[Appendix E: G4G Coding Algorithm](#)

[Appendix F: G4G 2.0: What Dining Facility/Galley Staff Need to Know](#)

[Appendix G: G4G Menu Coding Goals](#)

[Appendix H: G4G Food-placement Goals](#)

[Appendix I: G4G “Soft Launch” Minimum Requirements Checklist](#)

[Appendix J: G4G Management Checklist—Daily](#)

[Appendix K: G4G Management Checklist—Monthly](#)

# Appendix A: Sample G4G Implementation Timeline



Timeline: G4G Implementation															
Tasks	Month:	Planning Phase			Phase 1			Phase 2			Phase 3			Maintenance	
		1	2	3	4	5	6	7	8	9	10	11	12	Ongoing	
Brief leadership		1 DAY													
<b>Planning</b> (Assemble G4G team and review documents)		2-4 WEEKS													
Supplies (Order/print/ship)		2-8 WEEKS													
Train dining facility staff		1-4 WKS; 3-4 SESSIONS													
<b>Phase 1:</b> Assign codes to current menus		4 WEEKS													
<b>Phase 1:</b> Revise menus		6 WEEKS													
<b>Phase 1:</b> Assign codes to revised menu		2-4 WEEKS													
<b>Phase 1:</b> Plan "Featured Meals"		2-3 WEEKS													
<b>Phase 1:</b> Plan food placement		2-3 WEEKS													
<b>Phase 1:</b> Create Food Cards		1 WEEK													
<b>Phase 1:</b> Implement revised menu, "Featured Meals," food placement		2 WEEKS													
<b>Phase 1 Implementation: "Soft Launch"</b> (Display G4G 2.0 materials)		1 DAY													
<b>Must meet "Soft Launch" requirements</b>															
Marketing & Education (social media, press releases, and briefs)		<b>Start at launch of Phase 1 and continue through Phase 3 and Maintenance</b>													
<b>Phase 2:</b> Revise menus		4 WEEKS													
<b>Phase 2:</b> Assign codes to revised menus		6 WEEKS													
<b>Phase 2:</b> Plan "Featured Meals"		2-3 WEEKS													
<b>Phase 2:</b> Plan food placement		2-3 WEEKS													
<b>Phase 2:</b> Create Food Cards		1 WEEK													
<b>Phase 2:</b> Implement revised menu, "Featured Meals," food placement		2 WEEKS													
<b>Phase 2 Implementation</b>		1 DAY													
<b>Phase 3:</b> Revise menus		4 WEEKS													
<b>Phase 3:</b> Assign codes to revised menus		6 WEEKS													
<b>Phase 3:</b> Plan "Featured Meals"		2-3 WEEKS													
<b>Phase 3:</b> Plan food placement		2-3 WEEKS													
<b>Phase 3:</b> Create Food Cards		1 WEEK													
<b>Phase 3:</b> Implement revised menu, "Featured Meals," food placement		2 WEEKS													
<b>Phase 3:</b> Review and adjust marketing and education		2 WEEKS													
<b>Phase 3 Implementation</b> <b>"G4G Gold Standard"</b> <b>Must meet Program Requirements for all serving stations/bars</b>		1 DAY													
<b>Maintenance Phase</b>		<b>Ongoing; after G4G fully implemented</b>													

## Appendix B: Standardized Dissemination of G4G through Training

Training and certification are centrally controlled by the G4G Program Office. Trainings can be adapted in collaboration with the G4G Program Office to meet the unique needs of each Service.



Training Session	Format	Required to	Who should attend or be certified?
<b>G4G 2.0 Executive Summary</b>	<ul style="list-style-type: none"> <li>▶ Led by: G4G Program Office</li> <li>▶ Modality: Web-based</li> <li>▶ Time: 30 minutes</li> <li>▶ To access the training: Check G4G section of the HPRC website</li> <li>▶ Certificate valid for 3 years</li> </ul>	<p>Have peripheral involvement in G4G 2.0 efforts</p>	<p>Those in leadership who need to understand the scope of G4G and its implications for Service Members and the installation food environment</p>
<b>G4G 2.0 Program Requirements</b>	<ul style="list-style-type: none"> <li>▶ Led by: G4G Program Office</li> <li>▶ Modality: Web-based</li> <li>▶ Time: 2 hours</li> <li>▶ To access the training: Check G4G section of the HPRC website</li> <li>▶ Trainings can be tailored and offered through other modalities: Check with G4G Program Office and Service-specific Food Program Headquarters Office</li> <li>▶ Certificate valid for 3 years</li> </ul>	<ul style="list-style-type: none"> <li>▶ Direct G4G 2.0 implementation across Service, installation, or dining facility/galley</li> <li>▶ Conduct G4G-related environmental assessments or audits</li> <li>▶ Complete the G4G Program Fidelity Assessment</li> <li>▶ Conduct G4G-related research</li> <li>▶ Teach G4G as a tool in performance-nutrition education</li> <li>▶ Encouraged for all G4G Certified Coders</li> </ul>	<ul style="list-style-type: none"> <li>▶ Food Program Headquarters personnel involved in operations, quality assurance, training, or logistics</li> <li>▶ Public Health Commands/Centers</li> <li>▶ Dietitians, health educators</li> <li>▶ Advocates for performance nutrition and/or improved food environment</li> <li>▶ Installation-level Food Program managers</li> <li>▶ Dining facility managers or G4G Oversight Team members</li> </ul>

Training Session	Format	Required to	Who should attend or be certified?
<p><b>G4G Staff Trainer</b> (Train the Trainer)</p> <p>**Prerequisite Training Session: G4G 2.0 Program Requirements</p>	<ul style="list-style-type: none"> <li>▶ Modality: Web-based</li> <li>▶ Time: 2 hours</li> <li>▶ To access the training: Check G4G section of the HPRC website</li> <li>▶ Led by: G4G Program Office</li> <li>▶ Certificate valid for 3 years</li> </ul>	<ul style="list-style-type: none"> <li>▶ Conduct training for dining facility/galley staff on G4G 2.0 implementation, maintenance, and monitoring</li> <li>▶ Orient new staff at dining facility/galley</li> </ul>	<ul style="list-style-type: none"> <li>▶ Food Program Headquarters personnel involved in operations and training</li> <li>▶ Dining facility supervisors or managers who will train dining facility/galley staff on components of G4G. <i>Examples:</i></li> <li>▶ Dining facility/galley manager</li> <li>▶ Designated training lead for a dining facility/galley</li> <li>▶ Nutrition asset</li> <li>▶ G4G Oversight Team member for a dining facility/galley</li> </ul>
<p><b>G4G Coder</b></p>	<ul style="list-style-type: none"> <li>▶ Led by: G4G Program Office</li> <li>▶ Modality: Web-based</li> <li>▶ Time: 2 hours</li> <li>▶ To access the training: Check G4G section of the HPRC website</li> <li>▶ Trainings can be tailored and offered through other modalities: Check with G4G Program Office and Service-specific Food Program Headquarters</li> <li>▶ Certificate valid for 3 years</li> <li>▶ Must attend 1-hour refresher training (annually)</li> </ul>	<ul style="list-style-type: none"> <li>▶ Assign color and sodium codes to recipes and ready-to-use (RTU) items</li> <li>▶ Oversee G4G 2.0 coding (that is, Headquarters and Quality Assurance)</li> <li>▶ Encouraged for those directing Service-specific models for G4G 2.0 implementation</li> </ul>	<ul style="list-style-type: none"> <li>▶ Food Program Headquarters personnel who oversee G4G 2.0 coding and maintain menus for the Service</li> <li>▶ Those who intend to code recipes or RTU items for at least one dining facility/galley</li> <li>▶ Qualifications: <ul style="list-style-type: none"> <li>• Strong nutrition and food knowledge</li> <li>• Registered Dietitian (RD) or other nutrition asset identified by RD</li> <li>• Access to and familiarity with use of Computrition, Genesis SQL, or similar nutrient-analysis software (not needed if coding RTU only)</li> </ul> </li> </ul>

Training Session	Format	Required to	Who should attend or be certified?
G4G 2.0: What Dining Facility /Galley Staff Need to Know	<ul style="list-style-type: none"> <li>▶ Led by: Certified G4G Staff Trainer (see above)</li> <li>▶ Modality: In-person, instructor-led with standardized lesson plan and slide deck</li> <li>▶ Modules:               <ul style="list-style-type: none"> <li>• (6) 20-minute modules for all staff</li> <li>• (2) additional 30-minute modules for Shift Leaders, Supervisors, and Managers</li> <li>• Certificate valid for 1 year</li> </ul> </li> </ul>	Comply with G4G Program Requirements that 80% of staff at dining facility/galley must be G4G 2.0 trained/certified at all times	All staff working in a dining facility/galley whether contracted, uniformed, or civilian (Exception: cleaning)

### Training Records

The G4G Program Office maintains G4G Certification records for the following training sessions: G4G 2.0 Executive Summary, G4G 2.0 Program Requirements, G4G Staff Trainer, and G4G Coders. Each dining facility/galley must maintain their own records for the “G4G 2.0: What Dining Facility/Galley Staff Need to Know” training session.

## Appendix C: Evidence for G4G Criteria



The Go for Green® (G4G) 2.0 food and recipe coding criteria are based on established guidelines, such as the Dietary Guidelines for Americans 2010<sup>1</sup> and subsequently 2015–2020 Dietary Guidelines for Americans<sup>2</sup>, Military Dietary Reference Intakes (MDRIs)<sup>3</sup>, joint regulation Nutrition and Menu Standards for Human Performance Optimization (AR 40–25/OPNAVINST 10110.1/ MCO 10110.49/AFI 44–141)<sup>4</sup>, Department of Defense Food Service Program (DoDI 1338.10)<sup>5</sup>, and Joint Subsistence Policy Board DoD Menu Standards (DoDM 1338.10)<sup>6</sup>. G4G coding criteria also consider the specific and unique nutrition needs of the military community, where certain nutrient requirements are affected by extreme physical activity and environments<sup>3</sup>.

Through its criteria for Green-coded foods and beverages, G4G promotes a balanced nutrient-dense eating pattern of fresh fruits and vegetables, whole grains, lean protein, low-fat dairy products, and healthful fats, which mirrors the focus of the 2015–2020 Dietary Guidelines for Americans. This dietary pattern optimizes intake of naturally occurring electrolytes (such as potassium, calcium, and magnesium), antioxidants, phytochemicals, vitamins, minerals, and dietary fiber. When Service Members select appropriately across all food groups, they eat a balance of macronutrients (carbohydrates, protein, and fats) and micronutrients to optimize performance, readiness, and health.

The G4G Criteria consider the complexity of the overall nutritional value of a food, beverage, or recipe and summarize the results in one of three easy-to-read color codes: Green, Yellow, or Red. This stoplight-labeling system makes it easier for Service Members to identify the best fuel for their performance and health. Research supports using stoplight-labeling systems because consumers find the information effective and easy to understand<sup>7</sup>. There already is a strong association between colors (Green, Yellow, and Red) and meaning (Green means “go”)<sup>8</sup>, which minimizes the amount of education Service Members need on how to use G4G.

G4G promotes eating more Green-coded foods—to at least half of all food choices—when feasible. Yellow- and Red-coded menu items still will be offered daily in military dining facilities. These items provide variety and fit into an overall nutritious eating pattern when consumed in moderation. Red-coded “comfort” foods and beverages also can help boost morale at times.

### Revision and Approval Cycle

The science and research in the field of nutrition is constantly evolving. Therefore, G4G coding criteria will be reviewed, updated, and reapproved for major changes every five years to include the latest nutrition information and recommendations. In addition, G4G Criteria review and reapproval will occur when significant changes are made to the U.S. Food and Drug Administration (FDA) Nutrition Facts panel or when substantial policy changes are made requiring alignment. The next scheduled criteria review will occur in 2020 in order to allow time for adoption of the revised G4G 2.0 initiative as determined by each Service. In addition, this time point will align with the publication of the 2020–2025 Dietary Guidelines for Americans.

### Alignment with G4G Coding Algorithm

The G4G Coding Algorithm is the practical application of the G4G Criteria, which are evidence-based but not readily operationalized. These two documents enable G4G coding, or the assignment of color codes to menu items. To maintain standardization, only a Certified G4G Coder can assign color and sodium codes to menu or ready-to-use items.

### Evidence Basis for Criteria by Component

G4G 2.0 color-code assignment of foods and beverages is based on the following criteria: saturated fats, fiber, sugar, processing, and total fat. No one criterion (fat, sugar, fiber, etc.) determines the color code for an item;

instead, coding is assigned based on a combination of all criteria. Similarly, no single ingredient determines the color code of a recipe. A few exceptions—such as the presence of MSG, use of trans fats, or deep-fry cooking method—result in an automatic Red code. The G4G Criteria aim to identify the overall nutritional quality of foods and beverages. Items coded Green must provide nutritional value, not just lack undesirable nutrients. The following table is a snapshot of the criteria and is not meant as a coding tool.

<b>GREEN, YELLOW, &amp; RED FOOD CODES</b>			
<b>PROCESSING</b>	LEAST-PROCESSED	SOME PROCESSING	MOST-PROCESSED FOODS
<b>NUTRIENTS</b>	WHOLE FOODS, NUTRIENT PACKED	SOME HEALTHFUL NUTRIENTS	LOWEST-QUALITY INGREDIENTS
<b>FIBER</b>	HIGH IN FIBER	LOWER IN FIBER	MINIMAL FIBER
<b>SUGAR</b>	LOW IN ADDED SUGAR	ADDED SUGAR OR ARTIFICIAL SWEETNERS	ADDED SUGAR OR ARTIFICIAL SWEETNERS
<b>FAT</b>	HEALTHY FATS	POOR-QUALITY FATS	EXCESS FATS AND/OR TRANS FAT FRIED FOODS

### **Saturated Fats**

The 2015–2020 Dietary Guidelines for Americans emphasize limiting saturated fats to less than 10% of daily calories<sup>2</sup>. Encouraging the consumption of natural oils from plants (for example, canola, olive, and safflower), nuts, seeds, seafood, olives, and avocados promotes monounsaturated and polyunsaturated fatty acids over saturated and trans fat. G4G Criteria reflect this nutritional goal.

### **Trans Fats**

Given the evidence-based link between trans fats and cardiovascular risk, the 2015–2020 Dietary Guidelines for Americans recommends limiting trans-fat consumption to a minimum<sup>2</sup>. Despite a decrease in use, artificial trans fats from partially hydrogenated oils are still found in some margarines and packaged foods. Naturally occurring trans fats are found in small amounts in dairy and meat and do not need to be entirely avoided.

G4G Criteria support limiting trans-fat consumption by coding all packaged foods, ready-to-eat items, and recipes containing ingredients with artificial trans fats as Red. The absence of trans fats will be determined by the ingredients list for products showing zero grams of trans fats on the Nutrition Facts panel. In addition, all deep-fried foods, including those that are pre-deep fried and heated in an oven, such as French fries, are automatically coded Red.

## **Fiber**

The Institute of Medicine recommends women 50 and younger consume 25 grams of fiber and men 50 and younger consume 38 grams of fiber per day<sup>9</sup>. Food-labeling guidelines indicate that “good” sources of fiber must contain  $\geq 2.5$  grams (or 10% of the recommended daily value of 25 grams) and “high-fiber” sources must contain  $\geq 5$  grams (or 20% of the recommended daily value of 25 grams)<sup>10</sup>. These calculations are based on recommendations for women. To account for the recommended 38 grams per day for men, “good” sources of fiber would contain  $\geq 3.8$  grams and “high-fiber” sources would contain  $\geq 7.6$  grams. G4G Criteria use an adaptation of the official fiber recommendations and FDA food-labeling guidelines. The criteria for “good” sources of fiber at 3–6 grams and “high-fiber” sources at  $>6$  grams align with the Institute of Medicine’s recommendations for men and women.

FDA has proposed a new dietary fiber definition that includes “added (isolated or synthetic) non-digestible carbohydrates ( $\geq 3$  monomeric units) that FDA has determined to have a physiological benefit.”<sup>11</sup> G4G Criteria will be updated based on further guidance from FDA regarding added non-digestible carbohydrates, such as inulin, found in packaged foods and not yet proven to be beneficial.

## **Sugar**

The 2015–2020 Dietary Guidelines for Americans recommends a daily maximum consumption of 10% of calories from added sugar<sup>2</sup>. Current information about added sugar is either limited or unavailable for most foods and beverages; therefore, the following approach uses total sugar (grams) to approximate the recommendation based on added sugars. To obtain sugar recommendations, G4G nutrition experts applied the 10% maximum recommendation to a 2,800-calorie diet, on which the Basic Daily Food Allowance (BDFA) is based. The recommendation of 70 grams of added sugar as the daily maximum was doubled to 150 grams to account for naturally occurring sugars. To translate this recommendation into G4G Criteria, G4G nutrition experts conducted a detailed review of food categories where the presence of sugar would be expected (for example, beverages, desserts, yogurts, and sauces) and identified low, moderate, and high levels of total sugar per category.

When the new Nutrition Facts panel includes “Added Sugars” on packaged products beginning in 2018<sup>12</sup>, the G4G evaluation criteria will be revised: Products and recipes will be evaluated based on “added sugars” instead of “total sugars.”

## **Non-nutritive Sweeteners**

Non-nutritive sweeteners are a popular replacement for the calories from added sugar found in beverages, yogurts, and desserts. However, the research is inconclusive about their effectiveness for long-term weight management<sup>2</sup>. Given non-nutritive sweeteners have not been found to be healthful or provide any nutritional value, beverages (that is, “diet” drinks) and foods containing non-nutritive sweeteners do not meet the G4G Criteria to qualify as Green-coded choices. These will code Yellow, at most.

## **Total Fat**

Nutrition recommendations have shifted focus from percentage of calories from total fat to the types of fat. “Calories from fat” was removed from the updated Nutrition Facts panel to reflect new scientific information that shows the type of fat is more important to health than the amount of fat<sup>12</sup>. The benefits of the Mediterranean Diet—which is high in unsaturated fats from olive oil, nuts, and seeds—are well documented. Research has shown the benefits of the Mediterranean-style eating pattern on cardiovascular risk factors, which experts attribute to the combination of high-unsaturated-fat and low-saturated-fat content<sup>13</sup>.

G4G Criteria reflect the updated research and recommendations on total fat by focusing on the types of fat. This allows for highly nutritious foods such as nuts, seeds, avocados, and healthful oils—which would be coded Red based on their percentages of calories from fat—to be coded Green instead.

## Processing

Recommendations in the 2015–2020 Dietary Guidelines for Americans move away from an emphasis on individual nutrients and foods and instead focus on a healthy-eating pattern by encouraging the consumption of nutrient-dense foods and beverages across and within all food groups<sup>2</sup>. Recipes made with minimally processed or mostly whole-food ingredients such as fruits, vegetables, whole grains, seafood, lean meats and poultry, eggs, legumes, nuts, seeds, and oils contribute to a healthy eating pattern. Processing ingredients—such as with refined grains, meats/poultry, and processed packaged foods—might remove healthy nutrients, such as key vitamins or fiber, and add undesirable components such as saturated or trans fats.

G4G Criteria mirror the 2015–2020 Dietary Guidelines for Americans by coding minimally processed foods Green to encourage their intake. Moderately processed packaged foods and ingredients tend to be coded Yellow, while highly processed packaged foods and ingredients code Red.

## Monosodium Glutamate

Monosodium glutamate (MSG) occurs naturally in many foods and is also a popular food additive due to its flavor enhancing properties. According to DoD Manual 1338.10 section 10b, “Products containing monosodium glutamate as an ingredient must be avoided.”<sup>6</sup>

## Caffeine

Research has shown that caffeine use is associated with increased alertness and enhanced physical performance<sup>14</sup>. Moderate caffeine use is generally safe. However, there is a wide range of individual response to caffeine (that is, caffeine sensitivity) affected by factors including genetics, stimulant or drug use, stress, and relevant health conditions<sup>14</sup>. Given these findings, G4G Criteria do not incorporate caffeine level into coding for food and beverages, but encourage Service Members to be mindful of their caffeine consumption through G4G educational material and resources such as Operation Supplement Safety. Unsweetened teas and coffees fall into the Green category. As beverages combine caffeine along with added sugar or high saturated-fat ingredients, they tend to code as Yellow or Red.

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## Appendix D: G4G Coding Process Approaches



Coding refers to the manner in which G4G Criteria are operationalized. It involves applying the criteria to recipes and ready-to-use (RTU) items by consistently reviewing nutrition, preparation, and ingredient information to evaluate whether a menu item (recipe or RTU) will meet criteria for a Green, Yellow, or Red color code and a Low, Moderate, or High sodium code.

At the headquarters level, there are many possible approaches to coding that each Service can take. It depends on available resources (personnel and cost), infrastructure (nutrient-analysis software access), approach to menu design (standardized menu and headquarters approval or local menus), and approach to food service operations (contracted or uniformed personnel). Due to the myriad of factors, there is no one-size-fits-all approach to coding.

Each of the following possible approaches can meet requirements for a standardized, consistent approach to coding. Quality-control measures should be identified and put into place.

### Coding Process for Recipes: Possible Approaches

AFRS Recipes	
<p>Armed Forces Recipe Service (AFRS) recipes coded for G4G are available at:</p> <ul style="list-style-type: none"> <li>▶ <a href="https://www.hprc-online.org/page/Go-for-Green*/Menu-Revisions">https://www.hprc-online.org/page/Go-for-Green*/Menu-Revisions</a></li> </ul> <p>10 Guideline Cards and multiple sample menus are available at:</p> <ul style="list-style-type: none"> <li>▶ <a href="https://www.hprc-online.org/page/Go-for-Green*/Menu-Revisions">https://www.hprc-online.org/page/Go-for-Green*/Menu-Revisions</a></li> </ul>	<p><b>Pros:</b></p> <ul style="list-style-type: none"> <li>▶ Minimal resources required</li> <li>▶ Comprehensive toolkit on the G4G section of the Human Performance Resource Center (HPRC) website facilitates menu revisions</li> <li>▶ Provides a forum for installations to share local recipes, thus doubling or tripling the number of available “homegrown” recipes</li> <li>▶ Highest level of coding standardization</li> </ul> <p>Note: Local recipes are submitted to food service headquarters and then AFRS for standardization, analysis, and consideration for adding to the AFRS collection.</p> <p><b>Cons:</b></p> <ul style="list-style-type: none"> <li>▶ Initially eliminates local recipes (can be submitted)</li> <li>▶ Initially might require menu changes</li> <li>▶ For contracts: requires contract modifications</li> </ul>

## Headquarters-level Standardized Menu

(Examples: NAVSUP, Army Training Site DFACs)

Nutrition asset, trained as a Certified G4G Coder, leads menu creation at the headquarters level

- ▶ Nutrition asset creates and maintains a standardized menu that, at minimum, meets G4G Menu Coding Goals
- ▶ Local recipes are analyzed using a nutrient analysis program such as Computrition, Genesis SQL, or similar
  - Time estimate for analysis: 15 minutes per recipe, depending on complexity of recipe and availability of all input information
- ▶ All coding of recipes occurs at the headquarters level
  - Time estimate for coding: 1–2 minutes per recipe to assign code from the nutrition analysis output or food label
- ▶ Any local recipe must be submitted to headquarters for standardization, analysis, and consideration to add to standard menu

### **Pros:**

- ▶ Requires only 1–2 nutrition assets who receive and maintain G4G Coder certification
- ▶ Minimal resources required since only 1–5 standardized menus are reviewed for the entire service
- ▶ Comprehensive toolkit on the G4G section of the HPRC website facilitates menu revisions
- ▶ Provides a forum for installations to share local recipes, thus doubling or tripling the number of available homegrown recipes
- ▶ High level of coding standardization

### **Cons:**

- ▶ Requires access to a nutrient analysis program such as Computrition, Genesis SQL, or similar
- ▶ Requires training of nutrition assets as Certified G4G Coders
- ▶ Initially might require menu changes
- ▶ Initially eliminates local recipes (until they have been submitted and approved)

## Local Menu

(Example: Current Army (non-TRADOC) dining facility model)

One or more nutrition assets must be identified and trained as Certified G4G Coders at each installation/dining facility

- ▶ Coder(s) must be available to code recipes and assist at the local dining facility level
- ▶ Nutrition asset(s) works with G4G Planning Team Lead at the dining facility to revise menus and ensure updated menu, at a minimum, meets G4G Menu Coding Goals
- ▶ Recipes are analyzed using a nutrient analysis program such as Computrition, Genesis SQL, or similar
  - Time estimate for analysis: 15 minutes per recipe, depending on complexity of recipe and availability of all input information
- ▶ Coding of each dining facility recipe must be done
  - Time estimate for coding: 1–2 minutes per recipe to assign code from the nutrition analysis output or food label

### Pros:

- ▶ Maintains local dining facility autonomy, including full control over menu and recipe selection
- ▶ Comprehensive toolkit on the G4G section of the HPRC website facilitates menu revisions, if used

### Cons:

- ▶ Requires many nutrition assets for an entire service to:
  - Receive and maintain G4G Coder certification
  - Have access to a nutrient-analysis program such as Computrition, Genesis SQL, or similar
- ▶ Moderate-to-high resource requirement: personnel time and cost associated with multiple licenses for Computrition or similar nutrient-analysis software
- ▶ Minimizes headquarters' role in menu monitoring, oversight, and coding of menu items for G4G
- ▶ Potentially reduces standardization of coding

## Coding Process for Ready-to-use Items: Possible Approaches

Standardized Coding at Food Program Headquarters

Nutrition assets, trained as Certified G4G Coders, assign codes to RTU items:

- ▶ RTU items must supply ingredient lists and Nutrition Facts panels
  - Time estimates for coding: 1–2 minutes per item to assign code from the food label to RTU item
- ▶ Any change in product formulation requires review, analysis, and reconsideration of its G4G code

### Pros:

- ▶ Across enterprise, requires only 1–5 nutrition assets who receive and maintain the G4G Coder certification to code all RTU items for the Service
- ▶ Minimizes burden on each installation or dining facility/galley to code RTU items
- ▶ Eliminates redundant efforts across dining facilities to code the same RTU items
- ▶ Promotes awareness of the number of available Green-coded RTU items
- ▶ High level of coding standardization

### Cons:

- ▶ Requires significant initial investment of manpower/personnel time by installation-level dining facility staff

## Local RTU Coding

One or more nutrition assets must be identified and trained as Certified G4G Coders at each installation/dining facility, and then assign codes to items:

- ▶ RTU items must supply ingredient lists and Nutrition Facts panels
  - Time estimates for coding: 1–2 minutes per item to assign code from the food label to RTU item
- ▶ Any change in product formulation requires review, analysis, and reconsideration of its G4G code
- ▶ Immediate solution to coding RTU items

### Pros:

- ▶ Moderate-to-high resource requirement: personnel time
- ▶ Potentially reduces standardization of coding

### Cons:

- ▶ Requires many nutrition assets across the Services to receive and maintain G4G Coder certification
- ▶ Requires nutrition assets to have physical access to the dining facility where coding is conducted; must be able to view the RTU item's Nutrition Facts panel and ingredient list
- ▶ Must have access to a computer and familiarity with Excel

## Appendix E: G4G Coding Algorithm



For Go for Green® (G4G) color and sodium code assignments of foods as either recipes or ready-to-use (RTU) items, trained and certified G4G coders can use the Go for Green® Coding Algorithm in web-based or handwritten format. Coders enter nutrition information obtained from the nutrient-analysis printout (recipes) or the Nutrition Facts Panel (RTU items) and the ingredients list. The coding algorithm is programmed into the [web-based Coding Algorithm](#) to quicken the process by automatically assigning points to an item based on the G4G Criteria. If using the handwritten Coding Algorithm, coders add the value for each item by hand and then total the final score. Based on point values, color codes are assigned accordingly: Red (0–4 points), Yellow (5–8 points), and Green (9–13 points). For color code assignments of beverages, refer to the Beverages table.

For sodium code assignment, coders obtain basic nutrition information from either the Nutrition Facts Panel or the nutrient-analysis printout (recipes). When using the web-based Coding Algorithm, coders select the food category (for example, entrées, grains or starches, vegetables, etc.) from the drop-down list and enter the sodium amount in the Sodium Code field. If using the handwritten Coding Algorithm, coders can refer to the Sodium table (page 5 of this appendix) for the specific food category. Menu items are then designated as Low, Moderate-, or High-sodium foods. Beverages are not coded for sodium.

### Go for Green® Coding Calculator

The [G4G Coding Calculator](#) (on the following page) is for use by trained and certified Go for Green® Coders only.



# G4G Coding Calculator

## Color Code

Nutrition Component	Value	Scoring
Preparation	Is the cooking method deep-frying?	<input type="checkbox"/> Yes * Items are automatically marked Red if this answer is "yes"
Trans Fat	Does the product contain "partially hydrogenated" fat/oil (trans fat)?	<input type="checkbox"/> Yes * Items are automatically marked Red if this answer is "yes"
Additives	Does the product contain added monosodium glutamate (MSG)?	<input type="checkbox"/> Yes * Items are automatically marked Red if this answer is "yes"
Total Calories	Enter total number of calories This is used to determine the percentage of total and saturated fat only.	<input type="text"/> cal
% of calories from saturated fat	How many grams of SATURATED fat? or What % of calories are from SATURATED fat?	<input type="text"/> g or <input type="text"/> %
% of calories from total fat	How many grams of TOTAL fat? or What % of calories are from TOTAL fat?	<input type="text"/> g or <input type="text"/> %
Fiber	Grams of fiber per serving	<input type="text"/> g
Sugar	Grams of <u>total</u> sugar per serving	<input type="text"/> g
Processing	How processed are the ingredients in the product? Mostly:	<input type="radio"/> Whole foods <input type="radio"/> Lightly processed <input type="radio"/> Moderate to highly processed

## Results

Green  
9-13 Points

Yellow  
5-8 Points

Red  
<5 Points

Current Score: 0

## Sodium Code

Type of Food	Select type of food from list <small>Note: beverages and fruits will not be labeled for sodium</small>	<input type="text" value="-- Choose One --"/>
Mg of Sodium	Enter total mg of sodium per serving	<input type="text"/> mg

## Results

select type of food

High:  
Moderate:  
Low:

Final Score:

## Final Results

Color Code	Sodium Code	Copy to Clipboard <input type="button" value="Copy"/>
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## Go for Green® Coding Algorithm

Color Code			
Nutrition Component	Value	Possible Points	Points
Preparation	Is the cooking method of the product deep-frying?	Stop here: Automatically Red	
Trans Fat	Does the product contain “partially hydrogenated” fat/oil (trans fat)?	Stop here: Automatically Red	
Additives	Does the product contain added monosodium glutamate (MSG)?	Stop here: Automatically Red	
% of calories from saturated fat	Calculate % of calories from SATURATED fat or use nutrient analysis	$\leq 10\%$ sat fat = 2 11–15% sat fat = 1 $\geq 16\%$ sat fat = 0	
% of calories from total fat	Calculate % of calories from TOTAL fat * Total fat may be higher than 30% and still score 2 points for select items if the saturated fat is $\leq 10\%$ . Items that may qualify for this exception include salmon and salad dressings or condiments made with heart-healthy fats.	$\leq 30\%$ total fat* = 2 31–49% total fat = 1 $\geq 50\%$ total fat = 0	
Fiber	Grams of fiber per serving	$> 6$ grams = 3 4–6 grams = 2 2–3.9 grams = 1 $< 2$ grams = 0	
Sugar	Grams of total sugar per serving	$< 12$ grams of sugar = 3 12–18 grams of sugar = 1 $> 18$ grams of sugar = 0	

Color Code			
Nutrition Component	Value	Possible Points	Points
<p>Processing</p> <ul style="list-style-type: none"> <li>▶ Processing that minimally affects nutritional value = canning, dehydrating, freezing, etc. What is added during processing may be unhealthy, but the processes themselves are not harmful</li> <li>▶ Processing that affects nutritional value = processes/ingredients where nutrients have been stripped away and/or artificial flavors and/or colors have been added; curing</li> </ul>	<p>How processed are the ingredients in the product?</p> <p>Mostly:</p> <ul style="list-style-type: none"> <li>▶ Whole-food ingredients: fresh or frozen vegetables, fresh fruits, nuts, seeds, whole grains, unprocessed meat, poultry, and seafood, canned tomatoes and beans, plain dairy products</li> <li>▶ Some processed ingredients: canned plain vegetables, canned fruits in juice or water, dehydrated fruits or vegetables, canned soups, meat or poultry injected with solution, uncured deli meats</li> <li>▶ Moderately to highly processed and/or refined ingredients: refined (white) grains (for example, white bread, rice, and pasta), canned fruits or vegetables with added saturated fat and/or low to moderate amounts of added sugar, nitrates/nitrites, artificial flavors, non-nutritive sweeteners: Acesulfame potassium (“Sunett” or “Sweet One”), Aspartame (“Equal” or “NutraSweet”), Neotame, Saccharin (“Sweet’N Low”), Sucralose (“Splenda”), Truvia, Stevia</li> </ul>	<p>Mostly whole-food ingredients = 3</p> <p>Lightly processed, but still of moderate nutritional value = 1</p> <p>Moderately to highly processed and/or refined ingredients = 0</p>	
		<b>Total Points</b>	
<b>Scoring (total points)</b>		<b>Green = 9–13</b>	
		<b>Yellow = 5–8</b>	
		<b>Red = &lt; 5</b>	

Sodium Code	
Reference Sodium Criteria table to identify appropriate Low-, Moderate-, or High-sodium code.	
Category Name:	
Sodium Code:	

## Sodium Table‡

Sodium is part of the Go For Green® initiative. Sodium levels of foods are labeled by the Low, Moderate, or High salt-shaker symbols shown below.

The sodium code works together with the Green, Yellow, and Red code to help diners choose foods that are acceptable for them. Sodium needs vary from person to person, depending on activity level and health concerns.

Sodium Content	 <b>LOW</b>	 <b>MODERATE</b>	 <b>HIGH</b>
Full-plate Meal*	< 800 mg	800–1500 mg	>1500 mg
Entrée** Protein, vegetables, starch	< 650 mg	650–1100 mg	>1100 mg
Entrée** Protein and vegetables	< 450 mg	450–800 mg	> 800 mg
Entrée** Protein and starch (carb)	< 600 mg	600–950 mg	> 950 mg
Protein only	< 350 mg	350–800 mg	> 800 mg
Grains & Other Starches	< 300 mg	300–700 mg	> 700 mg
Vegetables	< 150 mg	150–400 mg	> 400 mg
Soup	< 450 mg	450–600 mg	> 600 mg
Dairy	< 150 mg	150–300 mg	> 300 mg
Condiments, Gravies	< 200 mg	200–300 mg	> 300 mg
Dessert	< 300 mg	300–600 mg	> 600 mg
Beverages	Will not be labeled for sodium		
Fruits	Will not be labeled for sodium		

‡ Sodium values will be revised at three-year intervals, as more reduced-sodium products and recipes become available.

\* Full-plate meal includes fruit and dairy.

\*\* Entrees exclude fruit and dairy.

## Go for Green® Coding Algorithm: Beverage Table

The Go for Green® Coding Algorithm (web-based or handwritten) shouldn't be used to code beverages. Instead, use the following coding table. Beverages are coded based on added sugar content, artificial ingredients, saturated fat content, and healthful nutrients such as vitamins and minerals. Provide G4G educational materials to Service Members to help them make informed choices too.

Code	Beverages
	<ul style="list-style-type: none"> <li>▶ Water (plain or carbonated)</li> <li>▶ Naturally flavored water, including fruit/vegetable/herb-infused (no artificial sweeteners)</li> <li>▶ Herbal tea</li> <li>▶ Unsweetened iced or hot tea</li> <li>▶ Unsweetened iced or hot coffee</li> <li>▶ 100% vegetable juice</li> <li>▶ Milk, unsweetened (skim, 1%)</li> <li>▶ Milk alternatives: soy, almond, rice, unsweetened or plain with added calcium and vitamin D</li> </ul>
	<ul style="list-style-type: none"> <li>▶ Sports drinks</li> <li>▶ 100% fruit juice</li> <li>▶ Lightly sweetened iced or hot tea</li> <li>▶ Coffee with small amounts of sugar, cream, or milk</li> <li>▶ Artificially sweetened beverages (diet or light sodas, tea, juices, and many flavored waters)</li> <li>▶ Milk, unsweetened (2%)</li> <li>▶ Flavored milk (skim, 1%, 2%) (vanilla, chocolate, etc.) Flavored milk alternatives: coconut, soy, almond, and rice</li> <li>▶ Hot chocolate made with water or milk (skim, 1%, 2%)</li> </ul>
	<ul style="list-style-type: none"> <li>▶ Energy drinks</li> <li>▶ Sweet tea</li> <li>▶ Coffee with large amounts of whole milk or cream and sugars or syrups</li> <li>▶ Sweetened beverages of any kind (sodas, fruit punches, and juice drinks)</li> <li>▶ Milk, plain or flavored (whole)</li> <li>▶ Hot chocolate made with whole milk, cream, or half-and-half</li> </ul>

**NOTE:** Use the point-based approach (pages 28 and 29 of this document).

## Appendix F: G4G 2.0: What Dining Facility/ Galley Staff Need to Know



All dining facility/galley staff who are involved in planning, implementing, or maintaining G4G should attend the “G4G 2.0: What Dining Facility/Galley Staff Need to Know” training. This training will provide valuable information on the components of G4G 2.0, the roles and responsibilities of dining facility/galley staff in implementing and maintaining standardization and quality control of G4G 2.0, and other helpful resources.

Certified G4G Staff Trainers should lead these sessions—in person—at the best dates and times to maximize staff attendance. This might require scheduling multiple training sessions to accommodate staff shifts.

Training modules for all staff:

- ▶ Module 1: G4G Introduction
- ▶ Module 2: G4G Color and Sodium Codes
- ▶ Module 3: G4G Food Card and Beverage Card Placement
- ▶ Module 4: G4G Food Placement
- ▶ Module 5: G4G Recipes
- ▶ Module 6: G4G Marketing

Training modules for managers, shift leaders, and supervisors:

- ▶ Manager Module 1: Maintenance for Managers and Shift Leaders
- ▶ Manager Module 2: G4G Marketing

Dining facility managers should maintain records for the “G4G 2.0: What Dining Facility/Galley Staff Need to Know” training sessions and make them available upon request. Facilities also can choose to print training certificates with the provided certificate templates.

## Appendix G: G4G Menu Coding Goals



These Menu Coding Goals are intended to define—for dining facilities and galleys—what will qualify as menus compliant with Go for Green® 2.0. The overall goal is to shift menu design away from an overabundance of Red-coded items towards more Green-coded items. In general, there should always be a Green-coded option for each meal part (entrée, starchy side, non-starchy side, etc.) at each station (Main line, Short Order, specialty bar, etc.) for each meal served daily.

The goals are designed around an average-size facility. The size of your foodservice operation—particularly small or exceptionally large—might impact how these goals are applied. For example, in very small facilities where only one entrée is offered on the Main line and one on the Short Order at lunch, the goal might be that only one of those can be a Red-coded entrée and the other should be a Green-coded entrée. For an exceptionally large facility where there might be four or more entrées on the Main line, at least one must be a Green-coded entrée and no more than one Red-coded entrée on each line. This leaves options for additional Green- and/or Yellow-coded entrées. The goals are presented both by meal and by overall menu for two different ways to assess your menus.

Guideline Cards are available for various types of specialty bars and other areas within the dining facility, including Breakfast, Dessert Bar, and Beverage Bar. Refer to these [Guideline Cards](#) for specific guidance on how to give your dining facility a performance-boosting makeover!

### Go for Green® Menu Coding Goals: Breakfast

Menu Coding Goals for Breakfast are presented separately from those for Lunch and Dinner. As more Green- and Yellow-coded breakfast recipes become available, more Green- and Yellow-coded items should be offered. Over time, Menu Coding Goals (percentage of Green-coded items) will be the same for Breakfast as for Lunch and Dinner.

Dining Facility/Galley Serving Line Component	Green-coded Items in Overall Menu	Green-coded Items per Meal	Red-coded Items per Meal
Main/Hotline Entrées	At least 30%	At least 1	—
Main/Hotline Starchy Sides	At least 30%	At least 1 (every other day)	—
Main/Hotline Non-Starchy Sides	At least 30%	At least 1	—
Grill/Short-Order Entrées: Omelet Station	At least 30%	At least 1 (omelet or entrée)	—
Breakfast Entrees (where applicable)		At least 4 omelet toppings/fillings	
Grill/Short-Order Sides	At least 30%	At least 1	—
Breakfast/Fitness Bar	At least 30%	At least 6	No more than 3
Cereals, Cold	At least 30%	At least 2	No more than 2
Cereals, Hot	At least 30%	At least 1	—
Beverages	At least 30%	At least 1	—
Smoothies (if offered)	At least 30%	—	—

## Go for Green® Menu Coding Goals: Lunch and Dinner

Separate Menu Coding Goals are included for Breakfast vs. Lunch and Dinner. At present, an insufficient number of Green-coded recipes are available for Breakfast. As more Green- and Yellow-coded breakfast recipes become available, more Green- and Yellow-coded items should be offered. Over time, Menu Coding Goals (percentage of Green-coded items) will be the same for Breakfast as for Lunch and Dinner.

Dining Facility/Galley Serving Line Component	Green-coded Items in Overall Menu	Green-coded Items per Meal	Red-coded Items per Meal
Main/Hotline Entrées	At least 30%	At least 1	No more than 1
Main/Hotline Starchy Sides	At least 30%	At least 1	No more than 1
Main/Hotline Non-Starchy Sides	At least 30%	At least 1	No more than 1
Grill/Short-Order Entrées	At least 30%	At least 1	No more than 50%
Grill/Short-Order Sides	At least 30%	At least 1	No more than 2
Sandwich Line (Cold) (featured)	At least 30%	At least 2	—
Salad Bar (excluding dressings)	At least 50%	Unlimited	No more than 3–5 toppings on the bar
Legumes	At least 30%	Unlimited	—
Desserts	At least 30%	Unlimited	—
Beverages	At least 30%	—	—
Dressings	At least 30%	At least 3	No more than 3
Chips/Portable Snacks/ Sides	At least 30%	Unlimited	—
Specialty Bars (Pizza, Potato, Taco, Chicken, etc.)	At least 30%	At least one entrée and one side	—

## Appendix H: G4G Food-placement Goals

For each serving area, implement at least 3 food-placement goals.



Bar/Station	Food-placement Goals
<b>Hotline/Main Line</b>	Place Green-coded items first, followed by Yellow-coded ones, and then Red-coded items
	Offer 2 non-starchy vegetables
	Offer whole-grain versions of starches and place first in line <i>Examples:</i> brown rice, whole-wheat pasta
	Offer Red-coded sauces on the side, at the end of the line
<b>Short Order/Grill</b>	Place Green-coded items first, followed by Yellow-coded ones, and then Red-coded items
	Make whole-grain bread, wraps, and pita the default
	Place white bread, rolls, wraps, and pita out of sight
	Offer 4 vegetables as burger or sandwich toppings
	Offer only one fried starch (French fries or onion rings)
	Offer grilled chicken
	Offer veggie burgers
	Offer baked fries instead of deep-fried ones
<b>Deli/Sandwich Bar</b>	Place Green-coded items first, followed by Yellow-coded ones, and then Red-coded items
	Make whole-grain bread, wraps, and pita the default
	Place white bread, rolls, wraps, and pita out of sight, such as under the counter
	If offering pre-made sandwiches, place Green-coded options at or above eye level
	Offer Green-coded spreads such as hummus or guacamole; place before Red-coded options such as mayonnaise or creamy dressings
	Offer at least 6 vegetables as sandwich toppings
	Place Red-coded toppings in smaller containers at the end of the line
	Offer meatless options such as Portobello mushrooms or marinated tofu

Bar/Station	Food-placement Goals
<b>Salad Bar</b>	Offer at least 10 Green-coded vegetables
	Offer whole-grain starchy salads (for example, those made with brown rice or quinoa)
	Offer Green-coded dressings such as olive oil and homemade vinaigrettes; place before Red-coded options
	Offer Green-coded fats such as nuts, seeds, or avocados; place before Red-coded options
	Place Red-coded toppings in smaller containers at the end of the line
	Make whole-grain bread, wraps, and pita the default
	Place white bread and pita out of sight, such as under the bar
<b>Specialty Bar</b>	Place Green-coded items first, followed by Yellow-coded ones, and then Red-coded items
	Offer at least 4 vegetables
	Offer meatless options such as Portobello mushrooms, beans, or marinated tofu
	Place Red-coded toppings in smaller containers at the end of the line
	Offer Green-coded fats such as nuts, seeds, or avocados; place before Red-coded options
	Offer whole-grain versions of starches and place first in line
	<i>Examples:</i> brown rice, whole-wheat pasta
<b>Dessert Bar</b>	Offer fruit, whole or cut-up
	Place Dessert Bar out of the main traffic flow
	Decrease the physical space of the Dessert Bar
	Offer fruit-and-yogurt parfaits
	Offer more Yellow-coded options than Red-coded ones
<b>Beverages</b>	Offer infused or “spa” water
	Serve water in multiple places
	Assign water its own full fountain tab on the drink machine
	Offer unsweetened tea, and place in line before sweet tea
	Add lemon slices to water or unsweetened tea
	Move Red-coded beverages to the end of the station
	Place low-fat and plain milks before flavored (chocolate) milk
	Offer 100% juice rather than juice drinks or fruit punches

# Appendix I: G4G “Soft Launch” Minimum Requirements Checklist



To ensure your dining facility/galley has completed Phase 1 and is ready for its G4G “Soft Launch” (that is, display of G4G 2.0 materials), the following criteria must be met for 3 serving areas. Your dining facility/galley must meet the G4G Program Requirements for all serving stations/bars to be eligible for “Gold Standard” implementation.

<b>G4G Implementation: “Soft Launch” Minimum Requirements</b>		
<b>Dining Facility: &lt;Insert name&gt;</b>		
Serving areas identified for Phase 1: <Insert names of 3 serving stations/bars >		
1.		
2.		
3.		
<b>Program Requirement</b>		
<b>1. Standardized Dissemination Of G4G Through Training</b>		
<b>Task</b>	<b>Verification</b>	
G4G Planning Team Lead at dining facility/galley is trained and certified	(1) G4G 2.0 Program Requirements Name: Date: Initials:	(2) G4G Staff Trainer Name: Date: Initials:
Nutrition asset coding recipes is trained as G4G Coder, or codes assigned at Headquarters level	(1) G4G 2.0 Program Requirements Name: Date: Initials:	(2) G4G Staff Trainer Name: Date: Initials:
Nutrition asset coding RTU items is trained as G4G Coder, or codes assigned at Headquarters level	(1) G4G 2.0 Program Requirements Name: Date: Initials:	(2) G4G Staff Trainer Name: Date: Initials:

<b>(2) Food And Beverage Coding Based On Approved G4G Criteria</b>			
<b>Task</b>	<b>Verification</b>		
G4G Coder assigns color and sodium codes to menu items for 3 identified serving areas	Serving area name:  Date: Initials:	Serving area name:  Date: Initials:	Serving area name:  Date: Initials:

**G4G Implementation: “Soft Launch” Minimum Requirements**

**Dining Facility: <Insert name>**

**3. G4G Menu Coding Goals**

Task	Verification		
Menu revisions completed to meet Menu Coding Goals	Serving area name:  Date:	Serving area name:  Date:	Serving area name:  Date:

**4. Standardized Display Of G4G Color And Sodium Codes**

Task	Verification		
Food Cards created	Date: Initials:		
G4G Team member audits Food Cards for accuracy	Date: Initials:		
Food Cards are neatly displayed and organized	Date: Initials:		

**5. Food-Placement Strategies**

Task	Verification		
At least 3 food-placement strategies are used at each serving station/bar	Date: Initials:		
<Insert names of serving stations/bars below>	<Name specific food-placement strategies below>		
#1:			
#2:			
#3:			

**G4G Implementation: “Soft Launch” Minimum Requirements****Dining Facility: <Insert name>****6. Promotion Of Green-Coded Foods**

Task	Verification
Feature a Green-coded meal at least once per week	Serving area: Meal period: Date: Initials:
G4G template used for signage (print or digital)	Date: Initials:

**7. Marketing And Education**

Task	Verification
Use only 2.0 version of G4G-approved marketing materials	Date: Initials:
<b>Print Materials:</b> Materials professionally printed	Date: Initials:
3 types of permanent posters displayed	Date: Initials:
3 types of rotating posters displayed	Date: Initials:
Table tents or table signs displayed	Date: Initials:
Brochures made available to diners	Date: Initials:
<b>Social Media</b> (NA if no Facebook or Twitter accounts): 2 posts on each social media account per week	Social media account type:  Scheduled to post on: <insert days>  Date: Initials:
<b>Press Release, Articles, and Media</b> (suggested but not required): Press release, article, or other media provided to command/installation	Media type (article, press release, etc.):  Scheduled to post on: <website, journal, etc.>  Date: Initials:

**G4G Implementation: “Soft Launch” Minimum Requirements****Dining Facility: <Insert name>****8. Staff Training At The Dining Facility/Galley Level**

Task	Verification
Staff training sessions completed *All staff: 6 modules	Trainer: Dates of sessions: Initials:
Staff training sessions completed *Managers and supervisors: 8 modules	Trainer: Dates of sessions: Initials:
80% of staff trained	(Insert # of staff trained) = ___ trained staff members  (Insert # of staff on roster) = ___% of staff trained
<b>Signature of G4G Planning Team Lead:</b>	
<b>Date:</b>	

# Appendix J: G4G Management Checklist—Daily



Print for use during your daily maintenance walk-throughs.

Date: \_\_\_\_\_

Meal period (choose one): \_\_\_\_\_

Completed by: \_\_\_\_\_

## Prepare menu items from approved recipes, and label them with the correct color and sodium codes.

Yes	No	Ensure Menu Coding Goals are met
		Is at least one Green-coded menu item offered on each line (Hotline, Deli Bar, Salad Bar, etc.) in each category as stated in the Menu Coding Goals?

## Place Food Cards in the appropriate locations, and ensure they're clean and serviceable.

Yes	No	Check appearance of Food Cards or G4G Coding Signs
		Does the name on the Food Card match the food item prepared and served to diners?
		Does the color code make sense for the identified food?
		Does each menu item have an individual Food Card near or in front of it with color and (except beverages and fruit) sodium codes? Or is the G4G 8.5" × 11" Coding Sign displayed near the appropriate bar/serving station?
		Are Food Cards arranged in a way that is uncluttered and easy to read? Or is the G4G 8.5" × 11" Coding Sign clearly displayed and easy to read?
		Are Food Cards and holders clean and neat?
		If a menu item is switched out during service (for example, if one item ran out and was replaced with a different item), was the Food Card for the original item removed and replaced with a card that matched the new item?

Each serving area (Hotline, Deli Bar, Salad Bar, etc.) must have at least 3 food-placement strategies in place to market high-performance foods and beverages. See list in [Appendix H: G4G Food-placement Goals](#).

Yes	No	Ensure placement of healthy food items
		For each serving line (Hotline, Deli Bar, Salad Bar, etc.), are Green-coded items displayed first on the line, followed by Yellow-coded ones, and then Red-coded items?
		Is water placed prominently at the Beverage Bar? For example, is there a tab on the soda fountain for water, or is infused water offered?
<b>Serving Area:</b>		Evaluate one serving area in detail for food-placement goals.
Goal 1:		
Goal 2:		
Goal 3:		

### Food Promotion

Yes	No	Ensure promotion of healthy food choices
		<p><b>Phases 1 and 2:</b> Is there at least one Green-coded “Featured Meal” offered and displayed with a sample plate, photograph, or sign?</p> <p><b>Phase 3 and Maintenance:</b> Is there at least one Green-coded “Featured Meal” offered and displayed with a sample plate, photograph, or sign at 3 stations?</p>
<b>Names of stations:</b>		Which station(s) offered “Featured Meals” today?

# Appendix K: G4G Management Checklist—Monthly



Print and complete monthly.

Take corrective action for any item that is not in compliance with your checklist. Identify any item(s) assessed as “not meeting” standards. These should include a record (including supervisor’s name) of the reported issue(s), temporary solutions taken to address the matter(s), and recommendations for long-term solutions that will help prevent future recurrences.

Date: \_\_\_\_\_

Completed by: \_\_\_\_\_

## Menu Items: Breakfast

Yes	No	Menu-item changes
		Have any new menu items been added?
		Have any recipe ingredients changed?
		If “yes,” has this menu item been sent to the Certified G4G Coder for coding?
		If “yes,” is a temporary white Food Card being used until coding is completed?
		Is coding completed and a new Green, Yellow, or Red Food Card being used?
		Are the Food Cards and white sticky labels or G4G Coding Signs in good condition (that is, no tears, holes, stains, etc.)?

## Menu Items: Lunch

Yes	No	Menu-item changes
		Have any new menu items been added?
		Have any recipe ingredients changed?
		If “yes,” has this menu item been sent to the Certified G4G Coder for coding?
		If “yes,” is a temporary white Food Card being used until coding is completed?
		Is coding completed and a new Green, Yellow, or Red Food Card being used?
		Are the Food Cards and white sticky labels or G4G Coding Signs in good condition (that is, no tears, holes, stains, etc.)?

## Menu Items: Dinner

Yes	No	Menu-item changes
		Have any new menu items been added?
		Have any recipe ingredients changed?
		If “yes,” has this menu item been sent to the Certified G4G Coder for coding?
		If “yes,” is a temporary white Food Card being used until coding is completed?
		Is coding completed and a new Green, Yellow, or Red Food Card being used?
		Are the Food Cards and white sticky labels or G4G Coding signs in good condition (that is, no tears, holes, stains, etc.)?

## Marketing and Education

Yes	No	Marketing and educational materials
		Are posters displayed at eye level?
		Are permanent posters (Traffic Light, Food Cards, and Sodium) displayed at entrances and serving areas?
	<b>Date</b>	Key-message posters should be rotated every 4 months. When were these last changed?
		Are G4G brochures neatly displayed in a highly visible location?
		Are table tents and table signs displayed on each table in the dining room?
		Are all marketing and educational materials in good condition (that is, no tears, holes, fading, stains, etc.)?
Yes	No	Marketing and educational strategies
		Has G4G been marketed outside your dining facility? Examples include articles in the installation newspaper or website, features in the health promotion or wellness department newsletter, and email announcements.
		Has G4G been marketed on social media? For example, have any G4G messages or graphics been posted on dining facility-level and command-level Facebook or Twitter accounts?
		Were any performance nutrition and/or G4G education talks offered to Service Members outside the dining facility this month? Refer to the nutrition asset on the local G4G Planning Team for verification.

## Staff Training

Yes	No	Staff training should be up-to-date and verified
		Is 80% of current staff trained on G4G? Review staff training records.
		Have any new staff members arrived in the past month?
		If “yes,” have they been oriented to G4G (target: within one month)?
		Was a G4G in-service, refresher training, or program update session provided to staff this month?
	<b>Module/Topic</b>	<b>If “yes,” which module or training topic?</b>
		Have staff members been trained on how to prepare and display any new menu items or ingredients?
	<b>Menu items</b>	<b>If “yes,” which items?</b>