Eat like an Athlete
Train like a Pro
Perform like a Champion

**High Performance Foods**

- Premium fuel for the Soldier Athlete
- Fresh and flavorful
- Nutrient dense
- Go for Green: Choose frequently

**Moderate Performance Foods**

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Select less frequently

**Performance Limiting Foods**

- Highest in calories
- Lowest in vitamins and minerals
- May hinder performance
- Warning: Limit intake
Performance Nutrition is essential for:

- Improving Soldier Readiness
- Recovering Muscles
- Sustaining Health
- Maintaining and Enhancing Mental Performance
- Preventing Disease
- Enhancing Sustainability and Survivability

When selecting your food choices, choose mostly from the green and amber categories.

Limit choices that are high in calories and low in nutrients.