



GO FOR GREEN[®]

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



GO FOR GREEN®

Eat like an Athlete

Train like a Pro

Perform like a Champion

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

Limit choices that are high in calories and low in nutrients

Performance Nutrition is essential for:

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