



# 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



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**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**