



EAT RARELY

THIS IS A LOW-PERFORMANCE FOOD

Lowest in fiber
 Lowest in nutrients
 Most-processed foods
 Added sugar/artificial sweeteners
 Excess fat, trans fat, or fried foods



EAT OCCASIONALLY

THIS IS A MODERATE-PERFORMANCE FOOD

Moderate in fiber
 Some healthy nutrients
 Foods with some processing
 Added sugar/artificial sweeteners
 Poor-quality fats



EAT OFTEN

THIS IS A HIGH-PERFORMANCE FOOD

High in fiber
 High in nutrients
 Whole foods
 No added sugar/artificial sweeteners
 Includes healthy fats



EAT WELL • PERFORM WELL

Go for Green® makes it easy for you to identify and choose foods that enhance performance.



Green: High-performance fuel
 Yellow: Moderate-performance fuel
 Red: Low-performance fuel