

**YOUR JOB'S NOT EASY,  
BUT PERFORMANCE  
NUTRITION CAN BE.**



**FILL AT LEAST HALF** YOUR PLATE  
WITH **GREEN-CODED FOODS.**

**SOME** OF YOUR PLATE CAN BE  
**YELLOW-CODED FOODS.**

**NO MORE THAN 1/4** OF YOUR PLATE  
SHOULD BE **RED-CODED FOODS.**

**EAT WELL • PERFORM WELL**

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



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