



GREEN: EAT OFTEN

Entrees: Less than 300 calories, less than 10g of fat, and less than 480mg sodium.

Example: Roast Beef Sub, Fish, Caribbean Jerk Chicken, and Boneless Roast Turkey

Starchy Sides: Less than 200 calories, less than 230mg of sodium, and a good source of fiber.

Example: Mashed Potatoes, Steamed Rice, Buttered Noodles

Fruit: Whole fresh fruit or frozen fruit with no added fat, sugar, or sauces. Fruit canned in own juices.

Vegetables: Less than 100 calories.

Example: Broccoli, Peas, and Steamed Corn

Desserts: Less than 150 calories and less than 6g of fat.

Example: Angel Food Cake, Orange Jello, Raisin Muffins

Dairy: Fat-free to 1% fat.

Beverages: Water, calorie-free or low calorie beverages, and 100% fruit juice.

Green Condiments include: Fat free or low fat mayonnaise in moderation, vinegar based salad dressings, or low fat salad dressing in moderation.



YELLOW: EAT OCCASIONALLY

Entrees: 300 to 500 calories, 480-700mg of sodium, and 10 to 15g of fat.

Example: California Veggie Quesadilla, Baked Chicken, Grilled Turkey Patty, Chicken Fajitas

Starchy Sides: 200 to 300 calories, and 230 to 480mg of sodium.

Example: Harvest Blend Rice, Macaroni Salad, Pasta Salad

Fruit: Fresh fruit with added sugar, canned fruit in light syrup, or dried fruit.

Vegetables: 100 to 200 calories.

Example: Stir Fry Vegetables, Pea and Pepper Rice, Whole Kernel Corn

Desserts: 150 to 300 calories, and 6 to 12g of fat.

Example: Pumpkin Pie, Chocolate Pudding, Pineapple Upside Down Cake

Dairy: 2% fat.

Beverages: Sports drinks.

Yellow Condiments include: Reduced fat mayonnaise, reduced fat margarine/spreads free of trans fats, reduced fat salad dressing, reduced fat cream cheese, reduced fat sour cream, low sodium soy sauce, BBQ sauce, jelly, jam, honey, syrup, and light cream sauces made with water or low fat milk.



RED: EAT RARELY

Entrees: More than 500 calories, more than 700mg of sodium, and more than 15g of fat.

Example: Beef Pot Pie, Buffalo Wings, Shepherd's Pie, Ribeye Steak

Starchy Sides: More than 300 calories and more than 480mg of sodium.

Example: Macaroni and Cheese, Crispy Potato Wedges, Spanish Rice

Fruit: Canned fruit in heavy syrup, or dried fruit covered in yogurt or chocolate.

Vegetables: More than 200 calories.

Example: Tempura Vegetables, Sautéed Mushrooms and Onions, Fried Cabbage

Desserts: More than 300 calories, and more than 12g of fat.

Example: Chocolate Donuts, Peach Cobbler, Cheesecake

Dairy: Whole or 4% fat.

Beverages: Fruit drinks, energy drinks, and regular soda.

Red Condiments include: Full fat mayonnaise, butter and margarine, full fat salad dressing, full fat cream cheese and full fat sour cream, tarter sauce, soy sauce, nacho cheese dip, cream sauces such as alfredo sauce, and gravy made from meat fat drippings.

GO FOR GREEN



HIGH PERFORMANCE FOODS
EAT OFTEN



MODERATE PERFORMANCE FOODS
EAT OCCASIONALLY



PERFORMANCE LIMITING FOODS
EAT RARELY

Detailed nutritional information on the Go For Green Initiative will be made available by this dining facility upon request.

The Desert Inn Dining Facility

Bldg. 4100, Fifth St.
228-5501

Hours of Operation:

Monday - Friday:
Breakfast.....5:30 - 7:30am
Lunch.....11am - 1pm
Dinner.....4 - 6pm
Midnight.....11pm - 12:30am

Sat, Sun, & Holidays:

Breakfast.....7 - 9am
Lunch.....11am - 1pm
Dinner.....4 - 6pm



Roadrunner Flight Kitchen

Bldg. 5428, Corner of 3rd & Phoenix
228-4096

Hours of Operation:

Monday - Friday:
Lunch.....10:30am - 12:30pm
Dinner.....5:30 - 7:30pm

Closed Sat, Sun, & Holidays

24hr Flight Meal Service: 977-3528

PERFORMANCE NUTRITION

GO FOR GREEN

Go For Green is a nutritional recognition labeling system designed to provide a quick snapshot of the nutritional value of food choices available at Davis Monthan's Dining Facility and Flight Kitchen. Food items are labeled GREEN (eat often), YELLOW (eat occasionally), and RED (eat rarely) based on the impact food can have on your overall performance.

When you Go For Green, you're choosing entrees with less than 300 calories and 10g of fat; starchy sides with less than 200 calories; whole fresh or frozen fruits without added fat, sugar or sauces, or fruit canned in its own juices; vegetables with less than 100 calories; desserts with less than 150 calories and 6g of fat; dairy from fat-free to 1% fat; and low calorie or calorie-free beverages.