



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