

GO FOR GREEN[®]

Eating well to perform



Eat like an Athlete

Train like a Pro

Perform like a Champion

High-Performance Foods

- Premium fuel for the Warrior Athlete
 - Fresh and flavorful
 - Nutrient dense
- Go for *Green: Eat often!*

Moderate-Performance Foods

- Higher in calories
- Lower in vitamins and minerals
- Use Caution: Choose less often

Performance-Limiting Foods

- Highest in calories
- Lowest in vitamins and minerals
 - May hinder performance
 - Warning: Limit intake