




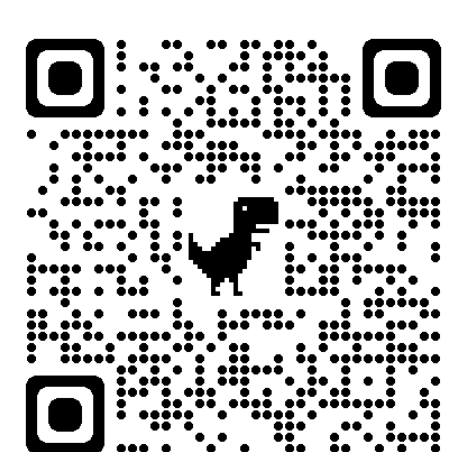


Build a Better Salad

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*

Eat Well
PERFORM WELL



hprc-online.org/nutrition/go-for-green