




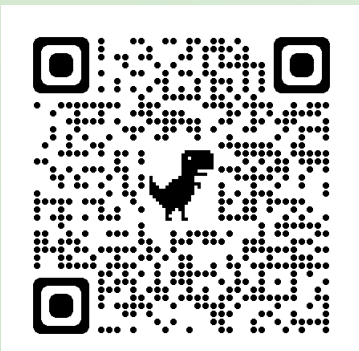
SET A GOOD EXAMPLE



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-green

