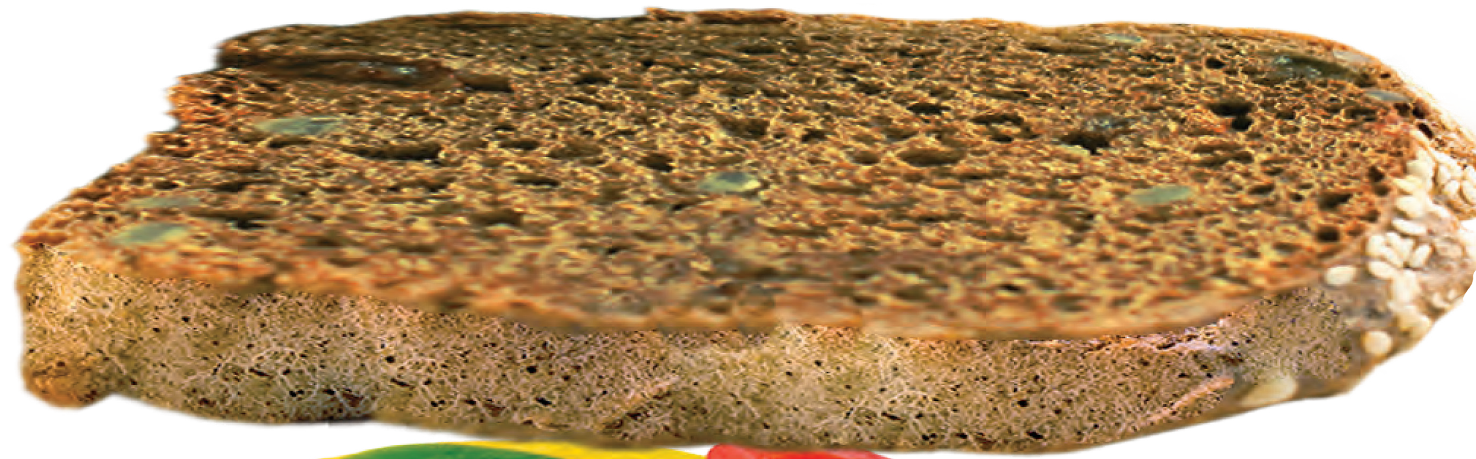


# LAYER WITH FLAVOR

whole-wheat bread



bell peppers



red onion



dark leafy greens



sliced turkey






avocado spread



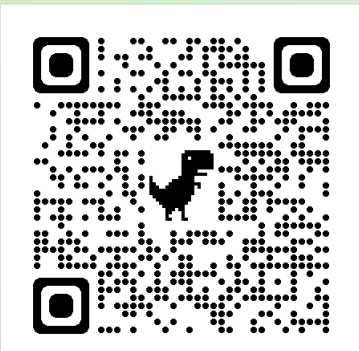
tomatoes



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](http://hprc-online.org/nutrition/go-green)

