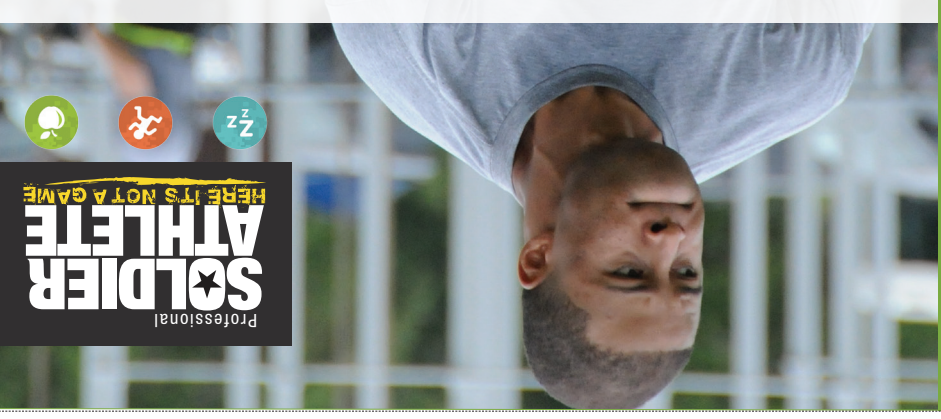
Nutrition Tips for the Soldier Athlete



For Performance... Go for Green®

Food Identification System

Go for Green® Food Identification System helps you find foods to Improve your performance. Look for the **Green, Yellow** and **Red** labels at the Dining Facility (DFAC). Pick foods identified as green and yellow while limiting the red ones.

High Performance Foods

- ☑ Premium fuel for the Soldier Athlete
- ☑ Fresh and flavorful
- ☑ Nutrient packed
- ☑ Aids muscle recovery and development
- ☑ **Go for Green: Choose frequently.**

Moderate Performance Foods

- ☑ Higher in calories, sugar, salt or fat
- ☑ Lower in vitamins and minerals
- ☑ Aids muscle recovery and development
- ☑ **Use Caution: choose carefully and eat in moderation.**

Performance Limiting Foods

- ☑ Highest in calories, sugar, salt, or fat
- ☑ Lowest in vitamins and minerals
- ☑ May slow recovery and add inches
- ☑ **Stop/Limit: Eat rarely. Limit frequency and choose smaller portions.**

GO FOR GREEN®
Eating well to perform

U.S.ARMY

Performance TRIAD

Eat Right and Get Results

Learn more about the Performance TRIAD at *HTTP://ARMYMEDICINE.MIL*

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