

# PERFORMANCE NUTRITION

## GO FOR GREEN

Go For Green is a nutritional recognition labeling system designed to provide a quick snapshot of the nutritional value of food choices in this facility. Food items are labeled GREEN (eat often), YELLOW (eat occasionally), and RED (eat rarely) based on the impact food can have on your overall performance.

When you Go For Green, you're choosing entrees with less than 300 calories and 10g of fat; starchy sides with less than 200 calories; whole fresh or frozen fruits without added fat, sugar or sauces, or fruit canned in its own juices; vegetables with less than 100 calories; desserts with less than 150 calories and 6g of fat; dairy from fat-free to 1% fat; and low calorie or calorie-free beverages. See handout for sodium information.



**HIGH PERFORMANCE FOODS**  
EAT OFTEN



**MODERATE PERFORMANCE FOODS**  
EAT OCCASIONALLY



**PERFORMANCE LIMITING FOODS**  
EAT RARELY



Detailed nutritional information on the Go For Green Initiative will be made available by this dining facility upon request.

# Go for Green: Information and Guidelines

Thank you for your interest in *Go for Green*, a nutritional recognition labeling system designed to provide a quick snapshot of the nutritional value of food choices in this facility. Food items are labeled GREEN (eat often), YELLOW (eat occasionally), and RED (eat rarely) based on the impact food can have on your overall performance according to the following guidelines:



## GREEN: EAT OFTEN

**Entrees:** Less than 300 calories, less than 10 g of fat, and less than 480 mg sodium.

**Starchy Sides:** Less than 200 calories, less than 230 mg of sodium, and a good source of fiber.

**Fruit:** Whole fresh fruit or frozen fruit with no added fat, sugar or sauces. Fruit canned in own juices.

**Vegetables:** Less than 100 calories.

**Desserts:** Less than 150 calories and less than 6 g of fat.

**Dairy:** Fat-free to 1% fat.

**Beverages:** Water, calorie-free or low calorie beverages, and 100% fruit juice.



Green Condiments include: Fat free or low fat mayonnaise in moderation, vinegar based salad dressings, or low fat salad dressing in moderation.



## YELLOW: EAT OCCASIONALLY

**Entrees:** 300 to 500 calories, 480-700 mg of sodium, and 10 to 15 g of fat.

**Starchy Sides:** 200 to 300 calories, and 230 to 480 mg of sodium.

**Fruit:** Fresh fruit with added sugar, canned fruit in light syrup, or dried fruit.

**Vegetables:** 100 to 200 calories

**Desserts:** 150 to 300 calories, and 6 to 12 g of fat.

**Dairy:** 2% fat.

**Beverages:** Sports drinks.

Yellow Condiments include: Reduced fat mayonnaise, reduced fat margarine/spreads free of trans fats, reduced fat salad dressing, reduced fat cream cheese, reduced fat sour cream, low sodium soy sauce, BBQ sauce, jelly, jam, honey, syrup, and light cream sauces made with water or low fat milk.



## RED: EAT RARELY

**Entrees:** More than 500 calories, more than 700 mg of sodium, and more than 15 g of fat.

**Starchy Sides:** More than 300 calories and more than 480 mg of sodium.

**Fruit:** Canned fruit in heavy syrup, or dried fruit covered in yogurt or chocolate.

**Vegetables:** More than 200 calories.

**Desserts:** More than 300 calories, and more than 12 g of fat.

**Dairy:** Whole or 4% fat.

**Beverages:** Fruit drinks, energy drinks, and regular soda.

Red Condiments include: Full fat mayonnaise, butter and margarine, full fat salad dressing, full fat cream cheese and full fat sour cream, tarter sauce, soy sauce, nacho cheese dip, cream sauces such as alfredo sauce, and gravy made from meat fat drippings.