



GO FOR GREEN: Performance Nutrition

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POC for Field Support: Contact an Air Force Health Promotion specialist at your installation Health and Wellness Center (HAWC).

POC for Marketing Materials: Aaron Fox aaron.fox.2.ctr@us.af.mil [DSN 969-9272] at AFMOA HQ in San Antonio.

- Page 2: Go For Green 8.5X11 table or counter top sign
- Page 3: Handout for customers who request additional information
- Page 4: 3X5 Green ID Card for installations *without* electronic menu boards
- Page 5: 3X5 Yellow ID Card for installations *without* electronic menu boards
- Page 6: 3X5 Red ID Card for installations *without* electronic menu boards
- NI 1.0 Not included in this PDF, **G4G_Menu_Board.ppt**
- NI 2.0 Not included in this PDF **Color-coded trifold menu** (coming Q4 2012)

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.

The recommended marketing channels for Go for Green are:

1. Queue: A PowerPoint presentation consisting of a few simple slides has been provided. Rotate these slides with other content on the flat screen to familiarize Airmen with the program.
2. Choice Point: Electronic menu boards should identify all menu choices as Green, Yellow, or Red. *
3. Collateral: Print several copies of the information on page 4 of this document, and have them available to Airmen upon request. The flyer on page 3 can also be laminated and/or displayed close to the front of the line.

* If you do not have an electronic menu board at your DFAC, print and laminate the ID cards below:



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EAT OCCASIONALLY

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