

Performance Limiting Foods

- Highest in calories
- Lowest in vitamins and minerals
 - May hinder performance
 - Warning: Limit intake

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High Performance Foods

- Premium fuel for the Soldier Athlete
 - Fresh and flavorful
 - Nutrient dense
- *Go for Green: Choose frequently*

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Moderate Performance Foods

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- Lower in vitamins and minerals
- Use Caution: Select less frequently

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