

SWAP GUIDE

SUPPORTING • WELLNESS • AT • PANTRIES

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Fruits and Vegetables	≤2g	≤230 mg	Og (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.					≥12g
				≥2.5 g	231- 479mg	1-11g (13-23g for Total Sugars)	≥2.5g	≥480mg	(≥24 g for Total Sugars)
Grains	First ingredient must be w grain AND meet following thresholds:			≥2.5g	231-	7-11g	≥2.5g	≥480mg	≥12g
	≤ 2g	≤230mg	≤ 6g		479mg				
Protein	≤2g	≤230mg	≤ 6g	2.5-4.5g	231- 479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤ 3 g	≤230mg	Og (≤12g for Total Sugars)	3.5-6g	231- 479mg	1-11g (13-23g for Total Sugars)	≥6.5g	≥480mg	≥12g (≥24 g for Total Sugars)
Non-Dairy Alternatives	≤2g	≤230mg	≤69	≥2.5g	231- 479mg	7-11g	≥2.5g	≥480mg	≥12g
Beverages	Og	Omg	Og	Og	1-140mg	1-11g	≥1g	≥141mg	≥12g
Mixed Dishes	≤ 3 g	≤480mg	≤ 6g	3.5-6g	481- 599mg	7-11g	≥6.5g	≥600mg	≥12g
Processed and Packaged Snacks	None			If a grain is the first ingredient, it must be a whole grain AND meet following thresholds:			≥2.5g	≥141mg	≥7g
				0-2g	0-140mg	0-69			
Desserts	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), ielly, syrup, oils, flour, sugars,								

*Use the added sugars value when available on the Nutrition Facts Label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables and dairy.

Not ranked. Examples include baby food, nutritional supplements, protein powders.

This project was supported by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. SWAP was created in 2016 and revised in 2020 to align with the new Healthy Eating Research (HER) Nutrition Guidelines for Ranking Charitable Food. For more details about the guidelines, please visit: http://healthyeatingresearch.org.

Miscellaneous

Products



