

HOW TO RANK FOODS WITH SWAP

1. CATEGORIZE

Reference the [Common Food Categories](#) resource to determine which of the following categories your item fits into:

- Fruits and Vegetables
- Grains
- Protein
- Dairy
- Non-Dairy Alternatives
- Beverages
- Mixed Dishes
- Snacks
- Desserts
- Condiments and Cooking Staples
- Miscellaneous Products

Beef stew is categorized as a Mixed Dish



2. COMPARE

Compare values for one serving on the Nutrition Facts Label to the [SWAP Guide](#) to determine which color saturated fat, sodium & sugar fall into. Check for whole grains when ranking in the **Grains** and **Snacks** categories.

Nutrition Facts	
Serving Size 1 cup (236g)	
Servings Per Container About 4.5	
Amount Per Serving	
Calories	200
Calories from Fat	90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 990mg	41%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 10g	19%

The Saturated Fat in beef stew is YELLOW, Sodium is RED and Sugars are GREEN



FOOD CATEGORY	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
	SATURATED FAT	SODIUM	ADDED SUGAR*	SATURATED FAT	SODIUM	ADDED SUGAR*	SATURATED FAT	SODIUM	ADDED SUGAR*
Mixed Dishes	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g

3. RANK

If saturated fat, sodium and sugar are the same color, the food is ranked by that color.

Beef stew is ranked by its least encouraged color, RED

If saturated fat, sodium and sugar are different colors, the food is ranked by the least encouraged color, either YELLOW or RED.



4. SORT

Sort the food using the method at your pantry. This could include placing it on a colored shelf, near a SWAP shelf tag or labelling it with a colored sticker.

Beef stew is placed on a shelf marked with a RED SWAP sign that says "Choose Rarely"

