

SUPPORTING WELLNESS AT PANTRIES

What is SWAP?

Supporting Wellness at Pantries (SWAP) is a nutrition ranking system designed to make identifying healthy options easy.

The goal of SWAP is to educate you about foods that can improve your health and **to help you make informed decisions.**

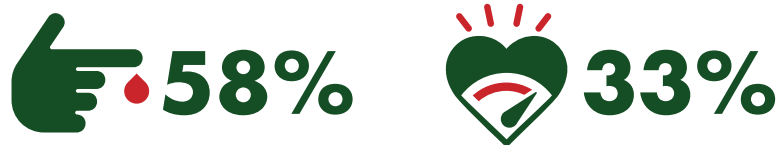
How does SWAP work?

SWAP ranks foods based on their levels of:

- Saturated fat
- Sodium (salt)
- Sugars

Eating foods high in these nutrients too often increases the risk of diet-related diseases according to the Dietary Guidelines for Americans. **Following SWAP guidelines helps you make healthy choices!**

Why is SWAP important?



Over half of households who visit food pantries have a member with **high blood pressure** and **one-third** have a member with **type 2 diabetes.**

Diet-related diseases can often be prevented, managed and reversed through the foods we eat!

How to use SWAP

Look for these colors when picking out your foods:



GREEN
choose
often

low in saturated fat, sodium and sugars; supports health



YELLOW
choose
sometimes

medium levels of fat, sodium or sugars; can contribute to good health



RED
choose
rarely

high levels of fat, sodium or sugars; think of as treats; limited health benefits