



SWAP™ GUIDE

SUPPORTING • WELLNESS • AT • PANTRIES



SWAP CATEGORIES

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FRUITS AND VEGETABLES

FOOD CATEGORY	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Fruits and Vegetables	≤2g	≤230 mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24 g for Total Sugars)
				≥2.5 g	231-479mg	1-11g (13-23g for Total Sugars)			

HELPFUL HINTS

- Use Added Sugars if they are listed on the Nutrition Facts label
- If Added Sugars are not on the Nutrition Facts label, use Total Sugars (sometimes listed as "Sugars")
- On the SWAP guide, reference the top value if using Added Sugars and the bottom value if using Total Sugars

SIMPLE RULES OF THUMB

- All fresh fruits and vegetables are ranked GREEN
- All plain dried fruits and vegetables are ranked YELLOW
- All 100% fruit juice is ranked YELLOW

GRAINS

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Grains	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						

HELPFUL HINTS

- For a grain to be GREEN, the 1st ingredient must be a whole grain AND meet the thresholds for saturated fat, sodium and sugar
- If the 1st ingredient is not a whole grain, the most encouraged ranking the item could be is YELLOW
- Ingredients with the word "whole" are whole grains, such as whole wheat
- Other whole grains include brown rice, oats/oatmeal, popcorn, barley, quinoa, buckwheat, bulgur, corn, farro, rye and sorghum

SIMPLE RULES OF THUMB

- Plain brown rice is ranked GREEN and plain white rice is ranked YELLOW
- White bread, regular pasta and flour tortillas are ranked YELLOW

PROTEIN

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g

HELPFUL HINTS

- The protein category includes plant- and animal-based proteins
- Examples include nuts, beans, poultry, beef and fish
- If the protein you are ranking does not have a Nutrition Facts label, use the USDA Database to locate the nutrition information (<https://fdc.nal.usda.gov/>)
- If Added Sugars are not on the Nutrition Facts label, use Total Sugars (sometimes listed as "Sugars")

SIMPLE RULES OF THUMB

- All whole eggs are ranked GREEN

DAIRY

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Dairy	≤3g	≤230mg	0g (≤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)

HELPFUL HINTS

- Use Added Sugars if they are listed on the Nutrition Facts label
- If Added Sugars are not on the Nutrition Facts label, use Total Sugars (sometimes listed as "Sugars")
- On the SWAP guide, reference the top value if using Added Sugars and the bottom value if using Total Sugars

SIMPLE RULES OF THUMB

- Plain skim, 1% and 2% milks are all ranked GREEN
- Plain whole milk is ranked YELLOW

NON-DAIRY ALTERNATIVES

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Non-Dairy Alternatives	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g

HELPFUL HINTS

- Non-Dairy Alternatives include milk, yogurt and cheese products made from plant-based milks
- Common Non-Dairy Alternatives are made from oat milk, soy milk, almond milk, coconut milk or rice milk
- If Added Sugars are not on the Nutrition Facts label, use Total Sugars (sometimes listed as "Sugars")

BEVERAGES

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Beverages	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g

HELPFUL HINTS

- The beverage category includes all beverages that are not made from dairy or non-dairy alternatives
- Examples include soda, juice drinks, coffee, tea, and water
- Note: 100% fruit and vegetable juices are categorized as fruits and vegetables, not as beverages
- If Added Sugars are not on the Nutrition Facts label, use Total Sugars (sometimes listed as "Sugars")

SIMPLE RULES OF THUMB

- Plain water, coffee and tea are ranked GREEN
- Sugar sweetened soda is ranked RED, diet soda is ranked YELLOW

MIXED DISHES

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

HELPFUL HINTS

- Mixed dishes are food items with ingredients from multiple categories
- Examples include soups, Hamburger Helper, rice & beans, frozen meals and mac & cheese
- If Added Sugars are **not** on the Nutrition Facts label, use Total Sugars (sometimes listed as "Sugars")
- If the Nutrition Facts Label has "as prepared", use this instead of "as packaged"

PROCESSED AND PACKAGED SNACKS



	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
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	0-6g			

HELPFUL HINTS

- For a grain-based snack to be YELLOW the 1st ingredient must be a whole grain AND meet the thresholds for saturated fat, sodium and sugar
- If the 1st ingredient is not a whole grain, the most encouraged ranking the item could be is RED
- All ingredients with the word "whole" are whole grains, such as whole wheat
- Common whole grains include brown rice, oats/oatmeal, popcorn, barley, quinoa, buckwheat, bulgur, corn, farro, rye and sorghum

SIMPLE RULES OF THUMB

- Processed and Packaged Snacks will never be ranked GREEN

DESSERTS

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Desserts	None			None			All desserts are red		

HELPFUL HINTS

- Desserts include items like candy, cake mixes, sweet-baked goods and chocolate

SIMPLE RULES OF THUMB

- All desserts are ranked RED
- All candy is ranked RED

CONDIMENTS, COOKING STAPLES AND MISCELLANEOUS PRODUCTS

	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
FOOD CATEGORY	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*	SATURATED FAT	SODIUM	ADDED SUGARS*
Condiments and Cooking Staples	Unranked. Examples include salad dressing, jelly, syrup, oils, flour, sugars.								
Miscellaneous Products	Not ranked. Examples include baby food, nutritional supplements, protein powders.								

HELPFUL HINTS

- Condiments and Cooking Staples are items that are not typically eaten alone
- Examples include salad dressings, butter, jelly, cooking oil, spices, flour and sugar
- Miscellaneous Products include baby food, nutritional supplements and protein powders

SIMPLE RULES OF THUMB

- All Condiments and Cooking Staples are NOT RANKED
- All Miscellaneous Products are NOT RANKED