



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*
<i>Fruits and Vegetables</i>	≤2g	≤230mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24g for Total Sugars)
				≥2.5g	231-479mg	1-11g (13-23g for Total Sugars)			
<i>Grains</i>	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
<i>Protein</i>	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
<i>Dairy</i>	≤3g	≤230mg	0g (≤12g for Total Sugars)	3.5-6g	231-479mg	1-11g (13-23g for Total Sugars)	≥6.5g	≥480mg	≥12g (≥24g for Total Sugars)
<i>Non-Dairy Alternatives</i>	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
<i>Beverages</i>	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g
<i>Mixed Dishes</i>	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g
<i>Processed and Packaged Snacks</i>	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			
<i>Desserts</i>	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.								
<i>Misc. Products</i>	Unranked. Examples include baby food, nutritional supplements, protein powders.								

*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.