

SWAP™



SUPPORTING • WELLNESS • AT • PANTRIES



GREEN

Choose often; low in saturated fat, sodium and sugar; supports health

.....

YELLOW

Choose sometimes; medium levels of fat, sodium or sugar; can contribute to good health

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RED

Choose rarely; high levels of fat, sodium or sugar; think of as treats; limited health benefits

Supporting Wellness at Pantries (SWAP) was developed by researchers at the University of Saint Joseph (USJ) Department of Nutrition and Public Health and SNAP-Ed program, and was a collaboration between USJ, the UConn Rudd Center for Food Policy & Obesity, and the Council of Churches of Greater Bridgeport. Funding to develop SWAP was provided by USDA's Supplemental Nutrition Assistance Program, the Robert Wood Johnson Foundation, and the John Hopkins Global Obesity Prevention Center.

FOODSHARE

SWAP is a program of Foodshare.



SWAP™ GUIDE

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FOOD GROUP	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
	SATURATED FAT	SODIUM	SUGAR	SATURATED FAT	SODIUM	SUGAR	SATURATED FAT	SODIUM	SUGAR
Beverages	0g	0mg	0g	0g	1-160mg	1-11g	0g	>161mg	>12g
				100% fruit juice is a yellow fruit. Diet beverages are yellow.					
Combination Foods / Meals	<3g	<480mg	<7g	3.5-6.5g	481-600mg	8-10g	>7g	>601mg	>11g
Condiments	<0g	<250mg	<2g	<0.5g	251-350mg	3-7g	>1g	>351mg	>8g
Dairy	<1.5g	<180mg	<12g	2-3g	181-200mg	13-22g	>3.5g	>201mg	>23g
Dairy - Cheese	<3g	<200mg	<1g	3.5-6g	201-480mg	<2g	>6.5g	>481mg	>3g
Fruit	<1g	<32mg	<12g	<1g	33-50mg	13-25g	>1.5g	>51mg	>26g
				100% fruit juice is a yellow fruit. Dried, unsweetened fruit is a yellow (raisins).					
Grains	<2g	<230mg	<6g	<2g	231-400mg	7-12g	>2.5g	>401mg	>13g
	1st ingredient must be whole grain to be green.								
Protein: Animal	<2g	<200mg	<0g	2.5-5g	201-480mg	<1g	>5.5g	>481mg	>2g
Protein: Plant-based	<2g	<200mg	<5g	2.5-5g	201-480mg	6-9g	>5.5g	>481mg	>10g
Snacks / Desserts	<2g	<230mg	<6g	<2g	231-400mg	7-12g	>2.5g	>401mg	>13g
Vegetables	<1g	<140mg	<4g	<1g	141-230mg	5-7g	>1.5g	>231mg	>8g

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