

SWAP™



SUPPORTING • WELLNESS • AT • PANTRIES



GREEN

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

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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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Revised 2020

FOOD CATEGORY	CHOOSE OFTEN			CHOOSE SOMETIMES			CHOOSE RARELY		
	SATURATED FAT	SODIUM	ADDED SUGAR*	SATURATED FAT	SODIUM	ADDED SUGAR*	SATURATED FAT	SODIUM	ADDED SUGAR*
Fruits and Vegetables	≤2g	≤230 mg	0g (≤12g for Total Sugar)	100% juice and plain dried fruit are yellow.			≥2.5g	≥480mg	≥12g (≥24 g for Total Sugar)
				≥2.5 g	231-479mg	1-11g (13-24g for Total Sugar)			
Grains	First ingredient must be whole grain AND meet following thresholds:			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
	≤2g	≤230mg	≤6g						
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤3g	≤230mg	0g (≤12g for Total)	3.5-6g	231-479mg	1-11g (13-24g for Total)	≥6.5g	≥480mg	≥12g (≥24 g for Total)
Non-Dairy Alternatives	≤2g	≤230mg	≤6g	≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
Beverages	0g	0mg	0g	0g	1-140mg	1-11g	≥1g	≥141mg	≥12g
Mixed Dishes	≤3g	≤480mg	≤6g	3.5-6g	481-599mg	7-11g	≥6.5g	≥600mg	≥12g
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			
Desserts	None			None			All desserts are red		
Condiments and Cooking Staples	Not ranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugar.								
Miscellaneous Products	Not ranked. Examples include baby food, nutritional supplements, protein powders.								

*Use the added sugar value when available on the Nutrition Facts Label. If it is not available, use the total sugar value. The thresholds are the same for all categories except fruits and vegetables and dairy.

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