Have you seen this symbol?

What is it?
This stoplight symbol is part of our new Supporting Wellness at Pantries (SWAP) food ranking system. It closely follows the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System.

We use it to help you with making the best choices when going to the Foodbank or food pantry. We look at the levels of saturated fat, sodium, and sugar for each food in order to rank it. The three ranks are green, yellow, and red. Items like spices, herbs, and condiments are not ranked.

Goal
An easy to begin, easy to understand nutrition ranking system to categorize food offered at food banks and food pantries.

Importance
It’s important to choose foods in moderation to help reduce the risk of conditions like obesity, diabetes, hypertension, and heart disease.

Choose Often
Elija Frecuentemente
The green category includes foods that are encouraged to choose often and is represented by a green apple.

This group includes foods that are usually low in saturated fat, sodium, and sugar. These foods also support health.
All fresh produce is ranked green.

Choose Sometimes
Elija Veces
The yellow category includes foods that are encouraged to choose sometimes and is represented by yellow bow tie pasta.

This group includes foods that have varied levels of saturated fat, sodium, and sugar. They may contribute to good health.

Choose Rarely
Elija Con Poca Frecuencia
The red category includes foods that are encouraged to choose rarely and is represented by a red donut.

This group includes foods that are usually high in saturated fat, sodium, and sugar. These foods have limited benefits.

Foodbank of Southeastern Virginia and the Eastern Shore
## Foods to Choose Often
- All fresh fruits and vegetables
- Whole eggs
- Whole grains such as quinoa, brown rice, and barley
- Whole grain bread
- Whole grain pasta
- Brown rice
- Skim, 1%, and 2% milk
- Water, coffee, tea
- Dry beans and some low-sodium canned beans
- Unsweetened almond, rice, cashew, and oat milk
- Some nut butters and nuts
- Fresh poultry
- Tofu
- Unflavored sparkling water

## Foods to Choose Sometimes
- 100% juices
- Canned vegetables
- Oatmeal with added sugar
- Canned beans, baked beans
- Regular canned fish
- Pork
- Some reduced fat or whole milk cheeses
- Cottage cheese
- Whole milk
- Reduced-fat sour cream
- Plain and flavored soy, almond, rice, cashew and oat milk yogurts
- Plain popcorn
- Whole wheat crackers and rice cakes

## Ways to Add Healthy Foods to Your Diet
- Try switching grain products to whole grains or whole wheat
- Join a cooking class or collect a recipe card when offered for ideas on how to prepare foods in a new way
- Check your eligibility on programs such as the Supplemental Nutrition Assistance Program (SNAP) or the supplemental nutrition program for Women, Infants, and Children (WIC)
- Use the USDA's MyPlate visual aid to help fill up your plate
- Aim to choose fresh produce whenever possible
- Eat the rainbow! Try adding foods of a variety of colors at each meal, or throughout the day
- If choosing prepackaged foods, look for labels that have "Low Fat", "Low Sodium", or "Heart Healthy"
- When grocery shopping, stick to a list and try to minimize time in the "inside aisles"

## Contact
Have questions? Contact us at 757.627.6599
foodbankonline.org
Facebook.com/FoodbankSEVA

## SWAP Development
Supporting Wellness at Pantries (SWAP) is a system that was developed by researchers at the University of Saint Joseph (USJ), and was a collaborative effort between the USJ, the UConn Rudd Center for Food Policy & Obesity, and the Council of Churches of Greater Bridgeport.