



SWAP™

Supporting Wellness
At Pantries

Guide for Ranking Food with SWAP

Revised: 2022

Table of Contents

Introduction to Using the SWAP System	2
Revisions to SWAP in 2020	3
How to Rank Foods Using SWAP	4
Simple Rules of Thumb	5
Understanding Serving Sizes	6
Understanding Added Sugars	7
Checking Whether Grains are “Whole Grains”	8
SWAP Guide	9
SWAP Shelf Tags	10
Understanding Food Categories	11
Food Categories: Items Commonly Found in a Food Bank or Pantry	12

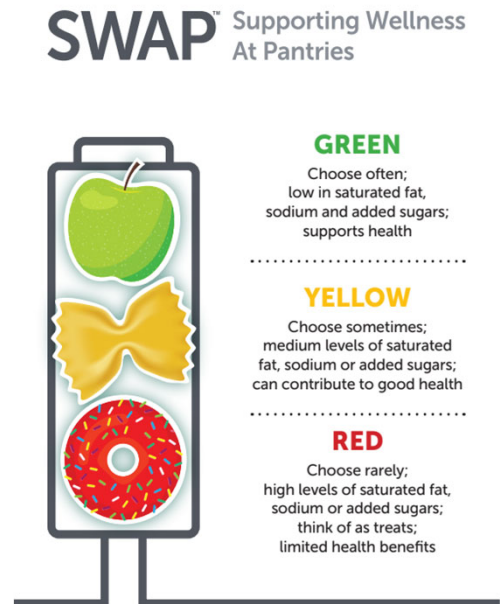


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Healthy
Eating
Research

Using the SWAP System (Supporting Wellness at Pantries)

SWAP is a stoplight nutrition system designed to help promote healthy food choices at food banks and food pantries. SWAP ranks foods based on levels of saturated fat, sodium and added sugars because these nutrients are linked with increased risk of chronic diseases. By ranking food nutritionally, food banks and food pantries can talk with food donors about donating healthier food and can promote nutritious food for guests who visit food pantries.



SWAP is a program of the Institute for Hunger Research & Solutions at Connecticut Food Bank/Foodshare, the food bank serving Connecticut. The Institute created a Toolkit with background information and tips for implementing SWAP in a food bank or food pantry. Visit the Toolkit at: <http://site.foodshare.org/swaptoolkit>

SWAP was revised in 2020 to align with the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System. The HER Nutrition Guidelines were developed by an expert panel convened by HER and were adopted by Feeding America. For more details, see the full report at: <http://healthyeatingresearch.org>

Promotional Food Bank video:

<https://www.youtube.com/watch?v=iKjS4GUXEus>

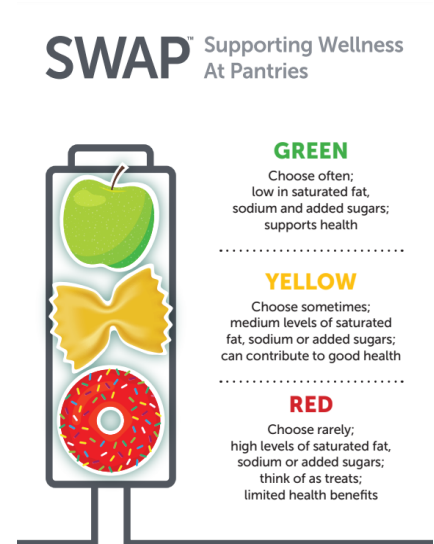
Food Pantry Training video: <https://www.youtube.com/watch?v=rsRWH2RAvCs>

For more information and if you want to implement SWAP in your food bank or food pantry, contact Katie Martin at swap@ctfoodshare.org

Revisions to SWAP in 2020: Alignment with the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System

In March 2020, Feeding America adopted the Healthy Eating Research (HER) Nutrition Guidelines for the Charitable Food System developed by an expert panel convened by HER. SWAP has been revised to align with the new [HER Nutritional Guidelines](#). Many of the revisions help to streamline nutrient levels and not require checking nutrient levels for certain food categories such as desserts and condiments.

This should make it easier to use the SWAP system. Hopefully, the guidelines and accompanying SWAP tools will help create one national nutrition standard for charitable food programs.



The major changes to SWAP include:

- Changes to some of the food categories
 - Fruits and Vegetables are combined into one category
 - Animal and plant-based proteins are combined into one protein category
 - Addition of non-dairy alternatives like soy milk
- All desserts are ranked Red
- Condiments and Cooking Staples are Unranked
- Snacks cannot be ranked Green, and grain-based snacks like crackers need to have first ingredient as whole grain to be ranked Yellow
- Nutrient ranks are based on Added Sugars
 - For Fruits and Vegetables and Dairy, when added sugars are not listed on the nutrition facts label, levels are indicated for total sugars
- The nutrient levels have been adjusted to be more similar between food categories, for example using 230 mg of sodium for most Green items and 480 mg of sodium for most Red items. This should make it easier to remember the levels.

How to Rank Foods with SWAP into Green, Yellow, Red, or Unranked



STEP 1

- Determine what food group the item is in:
Fruits & Vegetables, Grains, Protein, Dairy, Non-Dairy Alternatives (e.g. soy milk), Beverages, Mixed Dishes (e.g. soup), Snacks
- If you don't know which food group to use, check the alphabetic list of food items.
- Desserts are all ranked Red automatically and you don't have to check the nutrient levels.
- Condiments (e.g. sauces), cooking staples, and baby food are Unranked so you don't need to check the nutrient levels.

STEP 2

- Look at the Nutrition Facts label of the food and compare Saturated Fat, Sodium and Sugar values on the label to the SWAP Nutrition Guide. Use Added Sugars when available; if not, use Total Sugars.

STEP 3

- Determine which color the **Saturated Fat** falls in.
- Determine which color the **Sodium** falls in.
- Determine which color the **Added Sugars** falls in. For Fruits, Vegetables and Dairy, if Added Sugars is not available, use the Total Sugars amount listed on the guide.

STEP 4

- If all nutrient levels fall within one color, then the food is categorized by that color.
- If the nutrient levels fall within multiple colors, categorize the food by the **least** encouraged color, either Yellow or Red.
- **For example:** If saturated fat and sugar both fall in the Green category, but the sodium falls in Yellow, then the food is categorized in Yellow.

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugar	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for a general nutrition advice.

Exceptions: For Grains, in order to be Green, the first ingredient must be a “whole grain”. All 100% fruit juice is a Yellow. If a Snack is grain-based like crackers, the first ingredient must be a “whole grain” to be considered Yellow. All desserts are ranked Red. All condiments, cooking staples, and baby food are Unranked.

STEP 5:

For food banks: Rank the food item in your inventory system as Green, Yellow, Red or Unranked.

For food pantries: Place the food items on the appropriately colored shelf with SWAP signs for Choose Often, Sometimes or Rarely.

Simple Rules of Thumb for SWAP

Food that is Green

- All fresh fruits and vegetables
- Whole eggs
- Whole grain bread, pasta, tortillas
- Brown rice
- Skim, 1% and 2% milk
- Plain water, coffee, tea

Food that is Yellow

- 100% fruit juice
- Regular “white” bread, pasta, tortillas
- White rice
- Whole milk
- Most peanut butter
- Plain dried fruit such as raisins

Food that is Red

- Desserts such as ice cream, cookies, cake
- Candy
- Most processed / packaged snacks
- Regular soda and juice drinks

Food that is NOT ranked with SWAP

- Condiments like salad dressings and sauces
- Cooking Staples such as flour, sugar, oil, spices
- Baby food
- Nutrient supplements such as Ensure or protein powders

SWAP™ Supporting Wellness
At Pantries



GREEN

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

.....

YELLOW

Choose sometimes;
medium levels of saturated
fat, sodium or added sugars;
can contribute to good health

.....

RED

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

Understanding Serving Sizes

Nutrition facts labels are required to report values of nutrients per serving. Some labels provide additional information, such as per container or as prepared.

SWAP uses the “Per Serving” values and the nutrition information based on **what is in the package** (not “as prepared” or “drained”).

For more information on Nutrition Facts Labels, visit <https://www.fda.gov/food/new-nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

How do I make sure I am using the right nutrition facts?

Nutrition Facts	
8 servings per container	
Serving size	8 fl oz (240mL)
Amount per serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Look at the serving size at the top of the nutrition label and match it with the column of nutrition values of that serving size. Other key words include:

- “per serving”
- “as packaged”
- “undrained”
- “dry mix”

Example:
Per serving vs. Per 1/2 cup

Nutrition Facts			
1 serving per container			
Serving size 1 can (about 1 cup) (248g)²			
Calories	Per 1/2 cup ³	70	Per 1 can
		140	
		<small>% DV*</small>	<small>% DV*</small>
Total Fat	1g	1%	2g 3%
Saturated Fat	0g	0%	0g 0%
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg 0%
Sodium	360mg	16%	720mg 31%
Total Carb.	13g	5%	26g 9%
Dietary Fiber	2g	7%	4g 14%
Total Sugars	3g		6g
Incl. Added Sugars	0g	0%	0g 0%

Example:
Dry mix vs. As Prepared

Nutrition Facts			
About 3 servings per container			
Serving size 2.5 oz (70g/about 1/3 box) (makes about 1 cup)			
Calories	Per 2.5 oz dry mix	250	Per 1 cup prepared
		360	
		<small>% DV**</small>	<small>% DV**</small>
Total Fat	2g	2%	12g 15%
Saturated Fat	1g	4%	4g 20%
Trans Fat	0g		0g
Cholesterol	5mg	2%	10mg 3%
Sodium	580mg	25%	730mg 32%
Total Carbohydrate	49g	18%	51g 19%
Dietary Fiber	2g	8%	2g 8%
Total Sugars	7g		10g
Incl. Added Sugars	0g	0%	0g 0%

Checking whether Grains are “Whole Grains”

When using SWAP to rank Grains such as bread, cereal, and rice, or for grain-based snacks, you need to check the first ingredient on the label to see if it is a whole grain.

We know this can be confusing. To help, see the list below for words that indicate that it is whole grain.

Words you may see on packages that indicate a whole grain:

- whole grain [barley, buckwheat, bulgur, corn, farro, oats, rye, sorghum]
- whole wheat
- whole [barley, buckwheat, bulgur, corn, farro, oats, rye, sorghum]
- stoneground whole [barley, buckwheat, bulgur, corn, farro, oats, rye, sorghum, wheat]
- brown rice
- quinoa
- oats, oatmeal (including old-fashioned oatmeal, instant oatmeal)

For more information about whole grains, check out:

<https://wholegrainscouncil.org/whole-grains-101/identifying-whole-grain-products>



Understanding Added Sugars When Using SWAP

As part of a healthy diet, it is recommended to consume foods with low levels of added sugars. The new USDA Nutrition Facts Label now includes added sugars to help consumers make informed decisions to reduce sugar intake.

To determine the SWAP ranking of a specific food or beverage item, added sugars are considered. However, for the Fruits and Vegetables and Dairy categories, when added sugars are not listed on the Nutrition Facts Label, levels are indicated for total sugars.

A Closer Look at Total Sugars and Added Sugars:

Total Sugars

Total sugars include both natural sugars and added sugars found in foods and beverages. Natural sugars include fructose and lactose, and are found in foods like fruit, dairy, and vegetables.

For the Fruits and Vegetables and Dairy categories, to be ranked Green, they must have 0 grams of added sugars. If only total sugars are listed on the label, the Total Sugars thresholds are:

- ≤ 12 grams for the Green “Choose Often” tier
- 13 to 23 grams for the Yellow “Choose Sometimes” tier
- ≥ 24 grams for the Red “Choose Rarely” tier

Added Sugars

Added sugars do not occur naturally and are added to processed foods and beverages during processing.

The amount of added sugars can now be found on the Nutrition Label. They are also listed in the ingredients under the following names: dextrose, maltose, sucrose, high fructose corn syrup, molasses, cane sugar, and corn sweetener.

Common foods that contain added sugars include: sugar sweetened beverages (i.e. regular soda, concentrated fruit juice, energy drinks), baked goods, grain products (i.e. cereals, granola bars), desserts, and candy. Some foods like canned fruit and yogurt can have both natural sugar and added sugars.

Important Note: All 100% fruit and vegetable juice are ranked Yellow (Choose Sometimes). Products like raisins, banana chips, and dried pineapple (without added sugars, salt or oil) would be ranked Yellow because they contain more concentrated levels of natural sugar than fresh fruit.

Nutrition Facts	
8 servings per container	
Serving size 8 fl oz (240mL)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 25g	
Includes 23g Added Sugars	46%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

4 grams sugar = 1 teaspoon





SWAP™ Guide

Supporting Wellness At Pantries

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	≤230mg	0g (≤12g for Total Sugars)	100% juice and plain dried fruit are yellow. ≥2.5g 231-479mg 1-11g (13-23g for Total Sugars)			≥2.5g	≥480mg	≥12g (≥24g for Total Sugars)
Grains	First ingredient must be whole grain AND meet following thresholds: ≤2g ≤230mg ≤6g			≥2.5g	231-479mg	7-11g	≥2.5g	≥480mg	≥12g
Protein	≤2g	≤230mg	≤6g	2.5-4.5g	231-479mg	7-11g	≥5g	≥480mg	≥12g
Dairy	≤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)
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: 0-2g 0-140mg 0-6g			≥2.5g	≥141mg	≥7g
Desserts	None			None			All desserts are red		
Condiments and Cooking Staples	Unranked. Examples include salad dressing, sauces (except tomato sauce), jelly, syrup, oils, flour, sugars.								
Misc. Products	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.

SWAP IS A PROGRAM OF:



This project was supported by Healthy Eating Research, a national program of the Robert Wood Johnson Foundation. SWAP was created in 2016 and revised in 2020 to align with the new Healthy Eating Research (HER) Nutrition Guidelines for Ranking Charitable Food. For more details about the guidelines, please visit: www.healthyeatingresearch.org.

SWAP Shelf Tags: Heart Healthy & Diabetes Friendly



The SWAP system includes shelf tags for agencies to highlight foods as Heart Healthy and Diabetes Friendly to help promote health and reduce the risk for chronic disease.



How are the “Heart Healthy,” “Diabetes Friendly,” and “Choose Often” SWAP shelf tags different?

We recommend using the SWAP Heart Healthy or Diabetes Friendly shelf tags along with the “choose often” shelf tags on products that are ranked green with SWAP. People with cardiovascular disease, like hypertension and high blood pressure, are generally recommended to eat whole grains, fresh produce and diets low in saturated fat and sodium. People with diabetes are generally recommended to eat whole grains, fresh produce, and diets low in saturated fat and sugars. These recommendations align with the requirements for SWAP green ranking. The shelf tags with health messages were created based on feedback from food pantry directors to address the health concerns of their clients.

We suggest using SWAP “Heart Healthy” or “Diabetes Friendly” tags for these items:

- Fresh (whole) fruits and vegetables
- Frozen or canned fruits and vegetables without additives (e.g. sugar, salt, sauces)
- Whole grain products that are ranked green
- Plain skim or 1% milk

NOTE: People with heart disease or diabetes should talk to their doctor and a registered dietitian for personalized eating plans. The American Heart Association has additional information on its “Heart Check” program for heart health, which can be found at heart.org. For more comprehensive guidance on a diabetes friendly diet, please refer to guidance provided by the American Diabetes Association, diabetes.org.

Understanding Food Categories

Determining the food category of some foods can be challenging. When in doubt, we recommend referring to the list of Food Categories for items commonly found in a Food Bank or Pantry at the end of this guide.

When looking at a tricky product, ask yourself: how do I use it?

- Is it a mix of the food categories, often used as a stand-alone dish like canned soup or boxed mac and cheese? This is a **Mixed Dish**
- Do I use it to add flavor to a dish? This is a **Condiment or cooking staple**
- Is it a non-traditional ingredient used in place of a traditional ingredient?

Example: Non-wheat pasta, such as chickpeas or lentil pasta.

A chickpea is ranked as a protein. However, pastas are ranked as grains. In this case, the chickpea pasta would be ranked as a grain because it looks like a pasta, is eaten like a pasta and cooked like a pasta. In this case, it would not need to be “whole grain” to be ranked Choose Often because that is not a category that applies to beans.



What counts as a condiment or cooking staple?

Examples of condiments include sauces (except tomato sauce), salad dressings, jelly, ketchup or syrup. In most cases, the serving size of these items is small (less than 2 tbsp), and they are used as complements to other foods to enhance flavor, not as a large component of the meal.

Cooking staples include oils, flour, sugar and butter. These types of food are rarely eaten by themselves but are used to cook or bake something else.

Condiments and cooking staples are Unranked in order to encourage pantry guests to prepare food from whole ingredients (e.g. salad dressings may encourage eating salads).

Using the SWAP System to Rank Foods

Revised in March 2022

FOOD	FOOD GROUP	AUTOMATIC RANK
AGAVE	CONDIMENTS	UNRANKED
ALFREDO SAUCE	CONDIMENTS	UNRANKED
ALMOND BUTTER	PROTEIN	
ALMOND MILK	NON-DAIRY ALTERNATIVE	
ALMONDS	PROTEIN	
ANCHOVY	PROTEIN	
ANGEL FOOD CAKE	DESSERTS	RED
APPLE CRISP	DESSERTS	RED
APPLES	FRUITS	
APPLESAUCE	FRUITS	
APRICOTS	FRUITS	
ARTICHOKES	VEGETABLES	
ARUGULA	VEGETABLES	
ASPARAGUS	VEGETABLES	
ASSORTED CANDY	DESSERTS	RED
AVOCADOS	VEGETABLES	
BABY FOOD	MISCELLANEOUS	UNRANKED
BABY FORMULA	MISCELLANEOUS	UNRANKED
BACON	PROTEIN	
BAGELS	GRAINS	
BAKED BEANS - VEGETARIAN	PROTEIN	
BAKED BEANS WITH PORK	PROTEIN	
BAKING SODA / BAKING POWDER	COOKING STAPLE	UNRANKED
BAMBOO SHOOTS	VEGETABLES	
BANANA BREAD MIX	GRAINS	
BANANA CHIPS	SNACKS	
BANANAS	FRUITS	
BARLEY	GRAINS	
BASIL, DRIED	COOKING STAPLE	UNRANKED
BASIL, FRESH	VEGETABLE	
BBQ SAUCE	CONDIMENTS	UNRANKED
BEAN SPROUTS	VEGETABLES	
BEANS	PROTEIN	
BEANS & RICE	MIXED DISHES	
BEEF	PROTEIN	

BEEF JERKY	PROTEIN	
BEEF RAVIOLI	MIXED DISHES	
BEEF STEW	MIXED DISHES	
BEETS	VEGETABLES	
BISCUIT MIX	GRAINS	
BLACKBERRIES	FRUITS	
BLACK-EYED PEAS	PROTEIN	
BLUEBERRIES	FRUITS	
BLUEBERRY MUFFINS	GRAINS	
BLUEBERRY SCONE	GRAINS	
BOCA MEATLESS PRODUCT	PROTEIN	
BOTTLED WATER	BEVERAGES	GREEN
BRAN FLAKES	GRAINS	
BREAD MIX	GRAINS	
BREAD, WHOLE WHEAT	GRAINS	GREEN
BREAD, WHITE	GRAINS	YELLOW
BRIE	DAIRY	
BROCCOLI	VEGETABLES	
BROCCOLI RABE	VEGETABLES	
BROTH	COOKING STAPLE	UNRANKED
BROWN RICE	GRAINS	GREEN
BROWNIE MIX	DESSERTS	RED
BROWNIES	DESSERTS	RED
BRUSSEL SPROUTS	VEGETABLES	
BUFFALO SAUCE	CONDIMENTS	UNRANKED
BUFFALO WINGS	PROTEIN	
BULGUR	GRAINS	
BURRITOS	MIXED DISHES	
BUTTER	COOKING STAPLE	UNRANKED
BUTTERNUT SQUASH	VEGETABLES	
BUTTERMILK	COOKING STAPLE	UNRANKED
CABBAGE	VEGETABLES	
CAKE MIX	DESSERTS	RED
CAKES	DESSERTS	RED
CALZONES	MIXED DISHES	
CANDIED SWEET POTATOES/YAMS	VEGETABLES	
CANDY BARS	DESSERTS	RED
CANDY/CHOCOLATE COVERED NUTS	DESSERTS	RED

CANTALOUPE	FRUITS	
CAPRI SUN JUICE POUCH	BEVERAGES	
CARAMEL	DESSERTS	RED
CARROTS	VEGETABLES	
CASHEW MILK	NON-DAIRY ALTERNATIVE	
CATFISH	PROTEIN	
CAULIFLOWER	VEGETABLES	
CELERY	VEGETABLES	
CEREAL	GRAINS	
CHALLAH BREAD	GRAINS	
CHEDDAR CHEESE	DAIRY	
CHEERIOS	GRAINS	
CHEESE	DAIRY	
CHEESE SAUCE	CONDIMENTS	UNRANKED
CHEF BOYARDEE CANNED PASTA	MIXED DISHES	
CHERRIES	FRUITS	
CHEWING GUM	NON FOOD	
CHEX MIX	SNACKS	
CHICKEN	PROTEIN	
CHICKEN BROTH/STOCK	COOKING STAPLE	UNRANKED
CHICKEN NOODLE SOUP	MIXED DISHES	
CHICKEN SALAD	MIXED DISHES	
CHICKEN SAUSAGE	PROTEIN	
CHICKPEA (or PULSE) PASTA	GRAIN	*does not have to be a whole grain
CHICKPEAS	PROTEIN	
CHILI, SOUP	MIXED DISHES	
CHIPS	SNACKS	
CHIVES, DRIED	COOKING STAPLE	UNRANKED
CHIVES, FRESH	VEGETABLE	
CHOCOLATE	DESSERTS	RED
CHOCOLATE CHIPS	DESSERTS	RED
CILANTRO, DRIED	COOKING STAPLE	UNRANKED
CILANTRO, FRESH	VEGETABLE	
CINNAMON ROLLS	DESSERTS	RED
CLAM CHOWDER	MIXED DISHES	
CLAMS	PROTEIN	
CLEMENTINE	FRUITS	
COBBLER	DESSERTS	RED

COCKTAIL SAUCE	CONDIMENTS	UNRANKED
COCOA POWDER	COOKING STAPLE	UNRANKED
COCONUT MILK	NON-DAIRY ALTERNATIVE	
COD FILLETS	PROTEIN	
COFFEE, BEANS/GROUND	BEVERAGES	GREEN
COFFEE, DRINK	BEVERAGES	
COFFEE CAKE/COFFEE CAKE MIX	DESSERTS	RED
COOKIE MIX	DESSERTS	RED
COOKIES	DESSERTS	RED
CORN	VEGETABLES	
CORN CHIPS	SNACKS	
CORN DOGS	MIXED DISHES	
CORN FLAKES	GRAINS	
CORN MEAL	GRAINS	
CORN OIL	COOKING STAPLE	UNRANKED
CORN TORTILLAS	GRAINS	GREEN
CORNBREAD MIX	GRAINS	
CORNED BEEF HASH	MIXED DISHES	
COUSCOUS	GRAINS	
COW'S MILK	DAIRY	
CRAB MEAT	PROTEIN	
CRACKERS	SNACKS	
CRANBERRY JUICE CONCENTRATE	BEVERAGES	
CRANBERRY SAUCE	CONDIMENTS	UNRANKED
CREAM	CONDIMENTS	UNRANKED
CREAMER	CONDIMENTS	UNRANKED
CREAM CHEESE	DAIRY	
CREAM OF CHICKEN SOUP	MIXED DISHES	
CREAM OF RICE	GRAINS	
CRUSHED TOMATOES	VEGETABLES	
CUCUMBER	VEGETABLES	
CUPCAKES	DESSERTS	RED
DARK CHOCOLATE	DESSERTS	RED
DELI MEAT	PROTEIN	
DIET SODA	BEVERAGES	YELLOW
DONUTS	DESSERTS	RED
DRIED FRUIT (no added sugar)	FRUITS	YELLOW
DRIED MILK	DAIRY	

DRY BEANS	PROTEIN	GREEN
EGG NOG	BEVERAGES	
EGG ROLLS	MIXED DISHES	
EGG SALAD	MIXED DISHES	
EGGPLANT	VEGETABLES	
EGGS	PROTEIN	GREEN
ENCHILADA	MIXED DISHES	
ENDIVE	VEGETABLES	
EVAPORATED MILK	DAIRY	
FAJITA	MIXED DISHES	
FENNEL	COOKING STAPLE	UNRANKED
FIG BARS	DESSERTS	
FISH	PROTEIN	
FISH BATTER MIX	CONDIMENTS	UNRANKED
FLAN	DESSERTS	RED
FLAVORED WATER	BEVERAGES	
FLAXSEED	PROTEIN	GREEN
FLOUR	COOKING STAPLE	UNRANKED
FRENCH FRIES	VEGETABLES	
FRIED ONIONS	CONDIMENTS	UNRANKED
FRITTER	SNACKS	
FROZEN MEALS	MIXED DISHES	
FROZEN YOGURT	DESSERTS	RED
FRUIT CHIPS	SNACKS	
FRUIT JUICE, 100%	FRUITS	YELLOW
FRUIT MEDLEY	FRUITS	
FRUIT ROLL UPS	SNACKS	
FRUIT SNACKS	SNACKS	
FRUIT TART	DESSERTS	RED
FUDGE	DESSERTS	RED
GARBANZO BEANS	PROTEIN	
GINGER, DRIED	COOKING STAPLE	UNRANKED
GINGER, FRESH	VEGETABLE	
GOLDFISH CRACKERS	SNACKS	
GRANOLA	GRAINS	
GRANOLA BAR	SNACKS	
GRAPE JELLY	CONDIMENTS	UNRANKED
GRAPE TOMATOES	VEGETABLES	

GRAPEFRUIT	FRUITS	
GRAVY	CONDIMENTS	UNRANKED
GREEK YOGURT	DAIRY	
GREEN BEANS	VEGETABLES	
GREEN ONIONS	VEGETABLES	
GREENS	VEGETABLES	
GRITS	GRAINS	
HADDOCK	PROTEIN	
HAM	PROTEIN	
HAM SALAD	MIXED DISHES	
HAMBURGER	PROTEIN	
HAMBURGER BUNS	GRAINS	
HAMBURGER HELPER	MIXED DISHES	
HEMP MILK	NON-DAIRY ALTERNATIVE	
HOLLANDAISE SAUCE	CONDIMENTS	UNRANKED
HOT DOGS	PROTEIN	
HOT PEPPERS	VEGETABLES	
HOT SAUCE	CONDIMENTS	UNRANKED
HOTDOG BUNS	GRAINS	
HUMMUS	PROTEIN	
ICE CREAM	DESSERTS	RED
ICEBERG LETTUCE	VEGETABLES	
ICING/FROSTING	DESSERTS	RED
INSTANT GRITS	GRAINS	
INSTANT MASHED POTATOES	VEGETABLES	
ITALIAN DRESSING / MARINADE	CONDIMENTS	UNRANKED
JALAPENO POPPERS	MIXED DISHES	
JELLIED CRANBERRY SAUCE	CONDIMENTS	UNRANKED
JELL-O /GELATIN	DESSERTS	RED
JELLY	CONDIMENTS	UNRANKED
JICAMA	VEGETABLES	
JUICE DRINKS	BEVERAGES	
KALE	VEGETABLES	
KETCHUP	CONDIMENTS	UNRANKED
KIEFER	DAIRY	
KIELBASA	PROTEIN	
KIWI	FRUITS	
LAMB	PROTEIN	

LASAGNA	MIXED DISHES	
LEGUMES	PROTEIN	
LEMONS	FRUITS	
LENTIL SOUP	MIXED DISHES	
LENTILS	PROTEIN	
LETTUCE	VEGETABLES	
LIMA BEANS	PROTEIN	
LIMES	FRUITS	
LOBSTER	PROTEIN	
LOLLI POPS/SUCKERS	DESSERTS	RED
LUNCHABLES	MIXED DISHES	
M&Ms	DESSERTS	RED
MAC & CHEESE	MIXED DISHES	
MACKEREL	PROTEIN	
MANDARIN ORANGES	FRUITS	
MANGO	FRUITS	
MARGARINE	COOKING STAPLE	UNRANKED
MARINADE	CONDIMENTS	UNRANKED
MARINARA SAUCE	VEGETABLES	
MARSHMALLOWS	DESSERTS	RED
MAYONNAISE	CONDIMENTS	UNRANKED
MEATBALLS	PROTEIN	
MEATLOAF	PROTEIN	
MELONS	FRUITS	
MILK (see each type: cow, oat, almond, etc.)		
MIRACLE WHIP	CONDIMENTS	UNRANKED
MIXED VEGETABLES	VEGETABLES	
MUFFIN MIX	GRAINS	
MUFFINS	GRAINS	
MUSHROOMS	VEGETABLES	
MUSTARD	CONDIMENTS	UNRANKED
NECTARINES	FRUITS	
NON-DAIRY MILK BLENDS	NON-DAIRY ALTERNATIVE	
NUTRITIONAL SUPPLEMENTS	MISCELLANEOUS	UNRANKED
NUTS	PROTEIN	
OAT MILK	NON-DAIRY ALTERNATIVE	
OATMEAL	GRAINS	
OATMEAL COOKIES	DESSERTS	RED

OATS	GRAINS	
OIL	COOKING STAPLE	UNRANKED
OKRA	VEGETABLES	
OLIVE OIL	COOKING STAPLE	UNRANKED
OLIVES	CONDIMENTS	UNRANKED
ONIONS	VEGETABLES	
ORANGE JUICE, 100% JUICE	FRUITS	YELLOW
PANCAKE MIX	GRAINS	
PANCAKE SYRUP	CONDIMENTS	UNRANKED
PASTA	GRAINS	
PASTA RONI	MIXED DISHES	
PASTA SALADS	MIXED DISHES	
PASTA SAUCE	VEGETABLES	
PASTA SAUCE WITH MEAT	MIXED DISHES	
PEACHES	FRUITS	
PEANUT BUTTER	PROTEIN	
PEARS	FRUITS	
PEPPERS	VEGETABLES	
PICKLES	CONDIMENTS	UNRANKED
PIE	DESSERTS	RED
PIE CRUST MIX	DESSERTS	RED
PIE FILLINGS	FRUITS	
PINEAPPLE	FRUITS	
PIZZA	MIXED DISHES	
PIZZA DOUGH	GRAINS	
PLUMS	FRUITS	
POCKET MEALS	MIXED DISHES	
POLENTA	GRAINS	
POPCORN	SNACKS – WHOLE GRAIN	
PORK	PROTEIN	
POT PIES	MIXED DISHES	
POTATO CHIPS	SNACKS	
POTATOES	VEGETABLES	
PRETZELS	SNACKS	
PROTEIN BARS	SNACKS	
PROTEIN DRINKS	MISCELLANEOUS	UNRANKED
PROTEIN POWDER	MISCELLANEOUS	UNRANKED
PUDDING MIX	DESSERTS	RED

PUMPKIN	VEGETABLES	
QUESADILLA	MIXED DISHES	
QUICHE	MIXED DISHES	
QUICK BREADS	GRAINS	
QUINOA	GRAINS	
RADISHES	VEGETABLES	
RAISINS	FRUITS	YELLOW
RAMEN NOODLES	MIXED DISHES	
RANCH DRESSING	CONDIMENTS	UNRANKED
RASPBERRIES	FRUITS	
RAVIOLI	MIXED DISHES	
RED ONIONS	VEGETABLES	
REFRIED BEANS	PROTEIN	
RICE, WITH SEASONINGS	GRAIN	
RICE, WITH VEGETABLES OR MEAT	MIXED DISH	
RICE, WHITE	GRAIN	YELLOW
RICE CAKES	SNACKS	
RICE KRISPY BARS/TREATS	DESSERTS	RED
RICE MILK	NON-DAIRY ALTERNATIVE	
ROLL MIX	GRAINS	
ROLLS	GRAINS	
SALAD DRESSING	CONDIMENTS	UNRANKED
SALMON	PROTEIN	
SALSA	CONDIMENTS	UNRANKED
SALTINES	SNACKS	
SAUERKRAUT	CONDIMENTS	UNRANKED
SAUSAGE	PROTEIN	
SCALLIONS	VEGETABLES	
SCONE MIX	GRAINS	
SEAFOOD	PROTEIN	
SEAWEED	VEGETABLE	
SEEDS	PROTEIN	
SELTZER	BEVERAGES	GREEN
SHALLOTS	VEGETABLES	
SHELLFISH	PROTEIN	
SHEPHERD'S PIE	MIXED DISHES	
SHRIMP	PROTEIN	
SLOPPY JOE SAUCE	CONDIMENTS	UNRANKED

SNACK BARS	SNACKS	
SODA	BEVERAGES	RED
SOUPS	MIXED DISHES	
SOUR CREAM	CONDIMENTS	UNRANKED
SOY BURGER	PROTEIN	
SOY MILK	NON-DAIRY ALTERNATIVE	
SPAGHETTI	GRAINS	
SPAGHETTI SAUCE	VEGETABLES	
SPAGHETTI-O	MIXED DISHES	
SPINACH	VEGETABLES	
SPORTS DRINKS	BEVERAGES	
STEAK	PROTEIN	
STEW	MIXED DISHES	
STRAWBERRIES	FRUITS	
STROGANOFF	MIXED DISHES	
STUFFING MIX	MIXED DISHES	
SUGAR	COOKING STAPLE	UNRANKED
SUMMER SQUASH	VEGETABLES	
SUNFLOWER SEEDS	PROTEIN	
SWEET PEAS	VEGETABLES	
SWEET POTATOES	VEGETABLES	
SWISS CHARD	VEGETABLES	
TACO SAUCE	CONDIMENTS	UNRANKED
TAMALES	MIXED DISHES	
TAQUITO	MIXED DISHES	
TARTAR SAUCE	CONDIMENTS	UNRANKED
TATER TOTS	VEGETABLES	
TEA BAGS/LOOSE LEAF	BEVERAGES	GREEN
TEMPEH	PROTEIN	
TILAPIA	PROTEIN	
TIRAMISU	DESSERTS	RED
TOFU	PROTEIN	
TOMATO JUICE	VEGETABLES	YELLOW if 100% juice. If not, rank as a BEVERAGE.
TOMATO SOUP	MIXED DISHES	
TOMATOES	VEGETABLES	
TORTELLINI	MIXED DISHES	
TRAIL MIX	SNACKS	
TUNA	PROTEIN	

TUNA WITH CRACKERS SNACK KIT	MIXED DISHES	
TURKEY	PROTEIN	
TURNIPS	VEGETABLES	
V8 JUICE	VEGETABLES	YELLOW if 100% juice. If not, rank as a BEVERAGE.
VEGETABLE SOUP	MIXED DISHES	
VEGETABLE STEW	MIXED DISHES	
WAFER COOKIES	DESSERTS	RED
WAFFLE MIX	GRAINS	
WAFFLES	GRAINS	
WALNUTS	PROTEIN	
WATERCRESS	VEGETABLES	
WATERMELON	FRUITS	
WHEAT GERM	COOKING STAPLE	UNRANKED
WHIPPING CREAM	DAIRY	
WHITE RICE	GRAINS	YELLOW
WHOLE WHEAT BREAD	GRAINS	GREEN
WILD RICE	GRAINS	GREEN
YAMS	VEGETABLES	
YELLOW SQUASH	VEGETABLES	
YOGURT	DAIRY	
ZUCCHINI	VEGETABLES	