



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.