

SWAP AND FOOD PANTRIES

WHAT IS SWAP?



SWAP stands for **S**upporting **W**ellness **A**t **P**antries. It is a simple stoplight system that gives you easy to understand nutrition information about the foods on the shelf. The foods on the shelf will either have a green, yellow or red sign next to them. Below is what the colors mean.



Foods with this Green apple label are **low** in saturated fat, sodium, and added sugar. Choose Green foods **often** because they help to support your health.



Foods with this Yellow (non-whole grain) pasta label have **medium** amounts of saturated fat, sodium, and added sugar. Choose Yellow foods **sometimes**, they can contribute to good health.



Foods with this Red donut label have **high** amounts of saturated fat, sodium, and added sugar. Choose Red foods **rarely** as they don't have many healthy benefits.

HOW SWAP CAN HELP YOUR HEALTH

SWAP helps you learn how much saturated fat, sodium, and added sugars are in a food. These three nutrients are known to be the most dangerous to your health. They can increase your risk for chronic diseases like diabetes and heart disease. If you already have a chronic disease these nutrients can make it worse.



WHOLE GRAINS AND SWAP



You might have noticed that the yellow label has a picture of bowtie pasta on it. It's important to know not all pasta is a yellow food. Pasta and other grains like bread that list **whole grains as the first ingredient** are green foods. Whole grains have fiber in them, and fiber is important for things like our heart health.

SIMPLE RULES OF THUMB



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 refined (white) bread, pasta, tortillas
- White rice
- Whole milk
- Most peanut butter
- Plain, dried fruit like raisins



Food that is Red

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

Now that you know what each colored label means, you can pick the food from each shelf that best fits your needs and health goals. If you have any questions or need help ask a staff member or volunteer.

