What is SWAP?

Supporting Wellness at Pantries (SWAP) is a nutrition ranking system designed to make identifying healthy options easy.

The goal of SWAP is to educate you about foods that can improve your health and to help you make informed decisions.

How does SWAP work?

SWAP ranks foods based on their levels of:
- Saturated fat
- Sodium (salt)
- Sugars

Eating foods high in these nutrients too often increases the risk of diet-related diseases according to the Dietary Guidelines for Americans. **Following SWAP guidelines helps you make healthy choices!**

Why is SWAP important?

**58%**

Over half of households who visit food pantries have a member with **high blood pressure** and **one-third** have a member with **type 2 diabetes**.

Diet-related diseases can often be prevented, managed and reversed through the foods we eat!

**33%**

**GREEN**

Choose often

Low in saturated fat, sodium and sugars; supports health

**YELLOW**

Choose sometimes

Medium levels of fat, sodium or sugars; can contribute to good health

**RED**

Choose rarely

High levels of fat, sodium or sugars; think of as treats; limited health benefits