



SWAP™

SUPPORTING WELLNESS AT PANTRIES



FOOD BANK
OF NORTHERN NEVADA

Food supplies the nutrients needed to fuel your body so you can perform your best. The SWAP traffic light system is a simple way to recognize the foods that promote health and good nutrition when visiting 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. When choosing healthy foods, it may be helpful to think of **GREEN** as "GO" food choices, **YELLOW** as "SLOW" food choices, and **RED** as "WHOA" food choices.

Choose Often: "Go" | Low in saturated fat, sodium, and added sugar; supports health.

Choose Sometimes: "Slow" | Moderate levels of saturated fat, sodium, or added sugar; can contribute to good health.

Choose Rarely: "Whoa" | High levels of saturated fat, sodium, or added sugar; think of as treats; limited health benefits.

FOOD GROUPS

CHOOSE OFTEN "GO"

CHOOSE SOMETIMES "SLOW"

CHOOSE RARELY "WHOA"

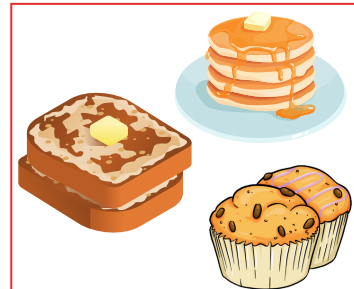
Fruits & Vegetables:

Whole fruits and vegetables (fresh, frozen, or canned) are choose often foods. When selecting canned foods, look for low amounts of saturated fat, sodium and added sugar.



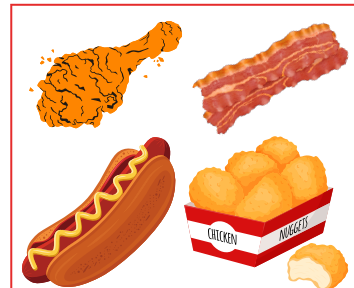
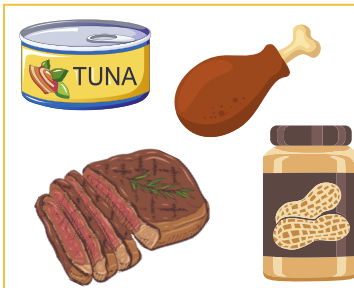
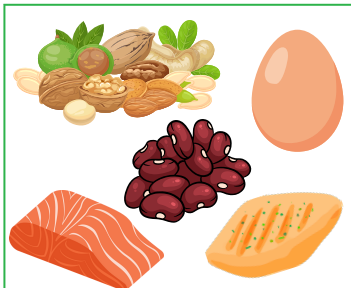
Grains:

Whole grains, such as, brown rice, quinoa, oats and corn are choose often foods. Make at least half of your grains whole grains. When choosing packaged products, check the first ingredient to be sure that it is a whole grain.



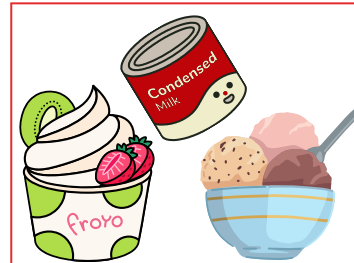
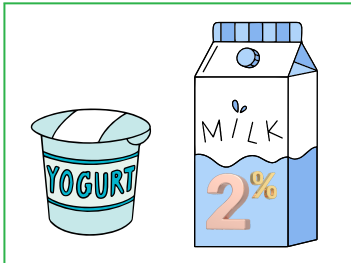
Protein:

Whether you choose to eat animal proteins or not, it's important to include a variety of proteins in your diet. Add nuts, seeds, and legumes to your meals and snacks to receive the necessary nutrients from those proteins as well.



Dairy:

The best choices for dairy are milk, yogurt and cheese that are low in saturated fat, sodium and added sugars. Whole milk and yogurt with added sugar are choose sometimes or "slow" foods.



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FOOD GROUPS	CHOOSE OFTEN "GO"	CHOOSE SOMETIMES "SLOW"	CHOOSE RARELY "WHOA"
Non-Dairy Alternatives: Plant based non-dairy foods also provide nutrients. Milk that is higher in protein and fortified with nutrients is best, but watch out for the amount of added sugars. When choosing cheese look for products with whole food ingredients.			
Beverages: Plain water, coffee, tea are "go" beverages, choose them often. Many beverages have high amounts of added sugar or artificial ingredients that will turn a healthy drink into a choose rarely or "whoa" drink.			
Mixed Dishes: A few examples of mixed dishes include macaroni and cheese, soup, tacos, and rice and beans. Many mixed dishes can contain higher amounts of saturated fat, sodium and added sugar.			
Processed & Packaged Snacks: Most processed and packaged snacks are "whoa" foods. The better choices are those made with whole grains and lowest in added sugar and sodium.	NONE		
Desserts	NONE	NONE	ALL DESSERTS ARE RED

For additional resources visit fbnn.org, myplate.gov, and wholegrainscouncil.org.