This Food Framework follows and implements the Healthy Eating Research (HER) guidelines which uses a color-coding system to rank foods based on their nutritional quality. The colors are Green, Yellow, and Red and are ranked from most nutrient dense to least nutrient dense, respectively. By implementing this Framework, we will provide everyone, especially those experiencing/at risk of diet-related diseases, with access to the nutritious foods they deserve.

### Green and Yellow Foods

**Fruits and Vegetables**
Fresh, frozen, or low-sodium canned

**100% Whole Grain Foods**
Ex: brown rice, whole wheat bread, whole wheat pasta, oatmeal

**Low-Fat Dairy**
Unflavored/unsweetened yogurt, milk, and milk substitutes

**Lean Proteins**
Ex: seafood, eggs, nuts, seeds, beans, lentils, poultry

**100% Juice, fruit or vegetable**

### Red Foods

**Low nutrient foods**

**High in sugar**

**Sugar-sweetened beverages**

**Foods high in trans-fats**

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**Disclaimer**: This Framework does not ban any specific food items, instead, it will direct our food banking practices to better serve the Houston Food Bank community and to promote the well-being of our neighbors.

For more information, contact: healthpro@houstonfoodbank.org