

Food for Better Lives- Food Framework

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



Diet-related diseases are some of the leading causes of death and disability in the U.S.



People living in food insecure households face a number of barriers to eating healthy that make them vulnerable to diet-related chronic diseases.



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.