# **Healthy Eating Research Guidelines**

We recognize that experiencing food insecurity can include barriers to good health and so, by implementing the **Healthy Eating Research Guidelines(HER)**, we will provide everyone, especially those experiencing or at risk of diet-related diseases, with access to the nutritious and culturally relevant foods we all deserve.

- The HER Guidelines uses a color-coding system to rank foods based on their nutritional quality, where "Green foods" are the most nutrient dense and "Red foods" are the least nutrient dense.
- As we continue providing Food for Better Lives, partners can now select food, via SCA, utilizing the HER Guidelines and the Nutrition Facts Label.
- Disclaimer: Ranking foods is not synonymous to labeling food items as "good" or "bad", but instead, increases knowledge and awareness about nutrition in foods.



# How to Read a Nutrition Facts Label

- Serving Information: The serving size is the
  amount that people typically eat or drink. It is not
  a recommendation of how much you should eat or
  drink. All the nutrient amounts shown on the label
  refer to the size of the serving.
- Calories: a measure of how much energy you get from one serving of this food.
- Percent Daily Value: the percentage of the Daily Value for each nutrient in one serving of this food. These are reference amounts of nutrients to consume or not to exceed each day.
- The %DV helps you determine if a serving of food is high or low in a nutrient.
- Nutrients to get less of: saturated fat, sodium(salt), and added sugars
- Suggestion: Use the Nutrition Facts Label to categorize and display the food items in your pantries in accordance with the HER Guidelines.

Serving Information Calories

Nutrients

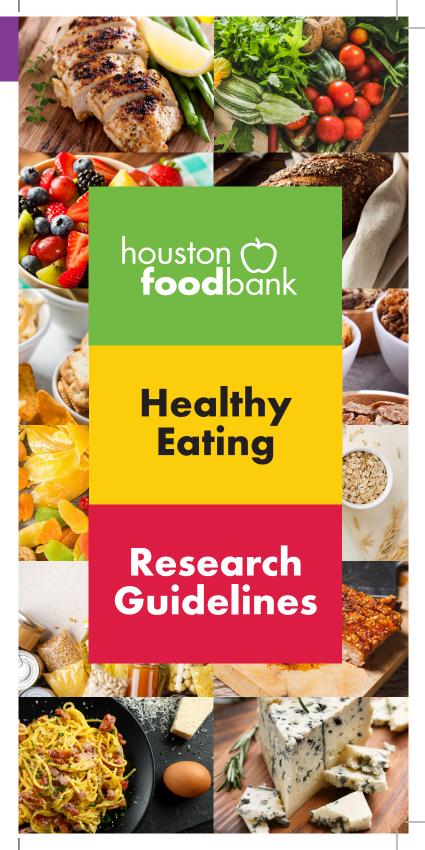


Quick guide to percent Daily Value (%DV)

5% of less is low

20% or more is high

www.fda.gov/food/new-nutrition-facts-label/howunderstand-and-use-nutrition-facts-label



# THE "OFTEN" FOODS

# THE "SOMETIMES" FOODS

# THE "RARELY" FOODS

## **FRUITS AND VEGETABLES**

- Fresh, frozen, and canned fruits and vegetables with NO added sugar or sodium(salt)
- Low-sodium(salt) vegetables
- Fruit canned in 100% juice or in water

# **GRAINS**

- Whole Grains
- Whole wheat pasta/breads
- Whole grain cereal with less than 6 grams of added sugar
- Plain oatmeal

# **PROTEIN**

- Dried beans
- Low-sodium(salt) canned beans
- Nuts
- Fresh/Frozen poultry
- Fish
- Low-sodium(salt) canned tuna
- Canned salmon

## **DAIRY**

- Skim, 1%, 2% milk
- Fat-free and reduced fat cheeses

# **BEVERAGES**

- Plain water
- Flavored and unflavored sparkling water
- Plain coffee
- Unsweetened tea

## **FRUITS AND VEGETABLES**

- 100% juice
- Fruit canned in light syrup
- Canned vegetables
- Plain dried fruit

# **GRAINS**

- Refined grain products
- Oatmeal with added sugar
- Whole or non-whole grain cereal with 7-11 grams of total added sugar

#### **PROTEIN**

- Canned beans
- Regular canned fish
- Pork

# **DAIRY**

- Some reduced fat or whole milk cheeses
- Whole Milk

#### **BEVERAGES**

- Diet soft drinks
- Diet iced teas

# PROCESSED / PACKAGED SNACKS

- Plain popcorn
- Whole wheat crackers
- Unsalted whole grain pretzels

# **FRUITS AND VEGETABLES**

- Dried fruit with sugar added
- Fruit canned in heavy syrup
- Tomato sauce with added sugar
- Vegetables canned with high sodium(salt)

## **GRAINS**

- Rice and pasta with salt-based seasoning mixes
- Whole or non-whole grain cereal with greater than 12 grams of sugar
- Most bakery items

# **PROTEIN**

- Refried beans
- Deli meat
- Sausage
- Bacon
- Most red meat

# **DAIRY**

• Full-fat cheese

# **BEVERAGES**

- Sweetened energy drinks
- Sports drinks
- Regular sodas
- Non-100% juice drinks with added sugar
- Processed/packaged snacks
- Pretzels
- Cheese crackers
- Potato chips

# **RULE OF THUMB\***

Saturated Fat	.≤2 g
Sodium(salt)	.≤230 mg
Added Sugar	.≤6 a

Some variation may exist between food groups (i.e. fruits/vegetables, protein, grains, dairy, etc.)

# **RULE OF THUMB\***

Saturated Fat	≤2.5	g	
Sodium(salt)	231	- 479	mg
Added Sugar	<b>7-11</b>	g	

Some variation may exist between food groups (i.e. fruits/vegetables, protein, grains, dairy, etc.)

# **RULE OF THUMB\***

Saturated Fat	≤2.5 g
Sodium(salt)	
Added Sugar	≥12 a

Some variation may exist between food groups (i.e. fruits/vegetables, protein, grains, dairy, etc.)