Nutrition Guidelines for Ranking Charitable Food

Example Products Example Products Saturated Fat Sodium Added Sugars	Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
Fruits and Vegetables frozen broccol with cheese sauce, apple sauce, tomato sauce, 100% gluce, 100% fruit popside Bread, rice, pasta, grains with seasoning mixes First ingredient must be whole grain AND meet following thresholds: First ingredient must be whole grain AND meet following thresholds: See				Sodium			Sodium			Sodium	
Fruits and vegetables Sauce, applies pauce, tomatic sauce, professor processor 100% pluce, professor 100% pluce, prof		dried fruits and vegetables, frozen broccoli with cheese sauce, apple sauce, tomato sauce, 100% juice, 100%	≤2 g	≤230 mg	0 g	All 100% juice and plain dried fruit					
Bread, rice, pasta, grains With seasoning mixes Size Siz						≥2.5 g***		1-11 g	≥2.5 g***	≥480 mg	≥12 g
Animal (beef, pork, poultry, sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans, peanut butter) \$22 \text{g}	Grains		grain AND meet following			≥2.5 g***		7-11 g	≥2.5 g***	≥480 mg	≥12 g
Protein susage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggle burgers, soy, beans, peanut butter) Dairy Milk, cheese, yogurt \$\leq 3\ g \gquad \colon			≤2 g		≤6 g		ilig				
Milk, cheese, yogurt S3 g mg 0 g 3.5-6 g 231-479 1-11 g 26.5 g 2480 mg 212 g	Protein	sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans,	≤2 g		≤6 g	2.5-4.5 g		7-11 g	≥5 g	≥480 mg	≥12 g
Alternatives yogurts and cheeses Beverages Water, soda, coffee, tea, sports drinks, non-100% juice products Frozen meals, soups, stews, macaroni and cheese Chips (including potato, corr, and other vegetable chips), crackers, granola and other bars, popcorn Condiments and Cooking Staples Spices, oil, butter, plant-based spreads, flour, salad dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar Miscellaneous Nutritional supplements, Not ranked Sala ong 25.9 gas 25.14.79 mg O g 0 g 0 g 1-140 mg 1-11 g ≥1 g ≥141 mg ≥12 g 1-140 mg 1-11 g ≥1 g ≥141 mg ≥12 g 1-140 mg 1-11 g ≥6.5 g ≥6.00 mg ≥12 g If a grain is the first ingredient, it must be a whole grain AND meet following thresholds: 1-140 mg 1-140 mg 1-11 g ≥6.5 g ≥6.00 mg ≥12 g The spiral of the	Dairy	Milk, cheese, yogurt	≤3 g		0 g	3.5-6 g		1-11 g	≥6.5 g	≥480 mg	≥12 g
Beverages sports drinks, non-100% juice products 0 g 0 mg 0 g 0 g 0 g 1-140 mg 1-11 g ≥1 g ≥141 mg ≥12 g Mixed Dishes Frozen meals, soups, stews, macaroni and cheese ≤3 g ≤480 mg ≤6 g 3.5-6 g 481-599 mg 7-11 g ≥6.5 g ≥600 mg ≥12 g Processed and Packaged Snacks Chips (including potato, corn, and other vegetable chips), crackers, granola and other bars, popcorn None If a grain is the first ingredient, it must be a whole grain AND meet following thresholds: ≥2.5 g ≥141 mg ≥7 g Desserts Lice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, pastries, granola and Cooking Staples None None None All desserts Condiments and Cooking Staples Spices, oil, butter, plant-based spreads, flour, salad grared sauces (except tomato sauce), seasoning, salt, sugar Not ranked Miscellaneous Nutritional supplements, Not ranked	Non-Dairy Alternatives		≤2 g		≤6 g	≥2.5 g		7-11 g	≥2.5 g	≥480 mg	≥12 g
Mixed Dishes stews, macaroni and cheese ≤3 g ≤40 mg ≤6 g 3.5-6 g 481-599 mg 7-11 g ≥6.5 g ≥600 mg ≥12 g Processed and Packaged Snacks Com, and other vegetable chips), crackers, granola and other bars, popcorn None If a grain is the first ingredient, it must be a whole grain AND meet following thresholds: ≥2.5 g ≥141mg ≥7 g Desserts Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes None None None All desserts Condiments and Cooking Staples Spices, oil, butter, plantbased spreads, flour, salad dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar Not ranked Miscellaneous Nutritional supplements, Not ranked	Beverages	sports drinks, non-100%	0 g	0 mg	0 g	0 g	1-140 mg	1-11 g	≥1 g	≥141 mg	≥12 g
Processed and Packaged Snacks Crinic (Initiating potato, corn, and other vegetable chips), crackers, granola and other bars, popcorn None be a whole grain AND meet following thresholds: ≥2.5 g ≥141mg ≥7 g Desserts Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes None None None All desserts Condiments and Cooking Staples Spices, oil, butter, plant-based spreads, flour, salad dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar Not ranked Miscellaneous Nutritional supplements, Not ranked	Mixed Dishes	stews, macaroni and	≤3 g		≤6 g	3.5-6 g		7-11 g	≥6.5 g	≥600 mg	≥12 g
Desserts Condiments and Cooking Staples None None None	and Packaged	corn, and other vegetable chips), crackers, granola	None			be a whole grain AND meet following				≥141mg	≥7 g
Condiments and Cooking Staples Miscellaneous Chocolate, cookies, cakes, pastries, snack c						0-2 g	0-140 mg	0-6 g			
Condiments and Cooking dressing, jarred sauces (except tomato sauce), seasoning, salt, sugar Miscellaneous Nutritional supplements, Not ranked	Desserts	chocolate, cookies, cakes, pastries, snack cakes,	None			None			All desserts		
Not ranked	and Cooking	based spreads, flour, salad dressing, jarred sauces (except tomato sauce),	Not ranked								
			Not ranked								

^{*} Definitions of food product categories are included in the text of the full report.

Notes: Tiers can be communicated as "choose often," "choose sometimes," and "choose rarely," or with green, yellow, and red visual cues, according to local preference. Overall food product rankings are determined by the lowest tier of any nutrient. For example, a product that is ranked green ("choose often") for saturated fat, yellow ("choose sometimes") for sodium, and red ("choose rarely") for added sugar would receive a final ranking of red ("choose rarely").

^{**}Use the added sugars value when available on the Nutrition Facts Label. If it is not available, use the total sugars value. The thresholds are the same for all categories except fruits and vegetables and dairy. For both fruits and vegetables and dairy, total sugars thresholds are ≤12 grams for the "choose often" tier, 13 to 23 grams for the "choose sometimes tier," and ≥24 grams for the "choose rarely" tier.

^{***} The threshold for saturated fat is the same for the "choose sometimes" and "choose rarely" categories. All saturated fat values ≥2.5 grams should be ranked as "choose sometimes." The overall ranking is based on the lowest tier of any nutrient. Thus, a grain with 3 grams of saturated fat ("choose sometimes"), 300 milligrams of sodium ("choose sometimes"), and 13 grams of added sugar ("choose rarely") would fall into the "choose rarely" tier, while a grain with 3 grams of saturated fat ("choose sometimes"), 300 milligrams of sodium ("choose sometimes"), and 10 grams of added sugar ("choose sometimes") would fall into the "choose sometimes" tier.