



Healthy Eating Research Nutrition Guidelines

HER

HER Guidelines?

- ▶ A national program of the Robert Wood Johnson Foundation created for food banks and pantries.
- ▶ The goals are to:
 - ▶ Promote healthy food choices at food banks and food pantries.
 - ▶ Support client's journey to wellness.



The HER guidelines focuses on the **grams** of these food nutrients.

Saturated Fat

Sodium

Added Sugar

4 grams of sugar = 1 teaspoon



- ▶ **Evidence**-links increased consumption of these three nutrients to increased risk for diet-related chronic conditions including obesity, diabetes, hypertension, and cardiovascular disease.
- ▶ **Food As Medicine**- Helps manage diet-related chronic conditions and reduce complications associated with them.

Nutrition Guidelines for Ranking Charitable Food

Food Category*	Example Products	Choose Often			Choose Sometimes			Choose Rarely		
		Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**	Saturated Fat	Sodium	Added Sugar**
Fruits and Vegetables	Fresh, canned, frozen, and dried fruits and vegetables, frozen broccoli with cheese sauce, apple sauce, tomato sauce, 100% juice, 100% fruit popsicle	≤2 g	≤230 mg	0 g	All 100% juice and plain dried fruit			≥2.5 g***	≥480 mg	≥12 g
					≥2.5 g***	231-479 mg	1-11 g			
Grains	Bread, rice, pasta, grains with seasoning mixes	First ingredient must be whole grain AND meet following thresholds:			≥2.5 g***	231-479 mg	7-11 g	≥2.5 g***	≥480 mg	≥12 g
		≤2 g	≤230 mg	≤6 g						
Protein	Animal (beef, pork, poultry, sausage, deli meats, hot dogs, eggs) and plant proteins (nuts, seeds, veggie burgers, soy, beans, peanut butter)	≤2 g	≤230 mg	≤6 g	2.5-4.5 g	231-479 mg	7-11 g	≥5 g	≥480 mg	≥12 g
Dairy	Milk, cheese, yogurt	≤3 g	≤230 mg	0 g	3.5-6 g	231-479 mg	1-11 g	≥6.5 g	≥480 mg	≥12 g
Non-Dairy Alternatives	All plant-based milks, yogurts and cheeses	≤2 g	≤230 mg	≤6 g	≥2.5 g	231-479 mg	7-11 g	≥2.5 g	≥480 mg	≥12 g
Beverages	Water, soda, coffee, tea, sports drinks, non-100% juice products	0 g	0 mg	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	≥141mg	≥7 g
		0-2 g	0-140 mg	0-6 g						
Desserts	Ice cream, frozen yogurt, chocolate, cookies, cakes, pastries, snack cakes, baked goods, cake mixes	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 Products	Nutritional supplements, baby food	Not ranked								

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

11 Food Categories

What do the rankings mean?



CHOOSE OFTEN
ELIJA FRECUENTEMENTE

Food that is Green:

- Choose Often
- Low in saturated fat, sodium, and sugar
- Supports health



CHOOSE SOMETIMES
ELIJA VECES

Food that is Yellow:

- Choose Sometimes
- Medium levels of saturated fat, sodium, or sugar
- Can contribute to good health



CHOOSE RARELY
ELIJA CON POCAS FRECUENCIA

Food that is Red:

- Choose Rarely; think of as a treat
- High levels of saturated fat, sodium, or sugar
- Limited health benefits

Red Does Not Mean Do not Eat- It Means Limit Consumption

Where Can You Find the Information?



Nutrition Label



The image shows the back of the can with the Nutrition Facts label. The label is white with black text and a brown header. The header reads "Nutrition Facts" and "3 servings per container". The serving size is "1/2 cup (140g)". The amount per serving is "60" calories. The label lists various nutrients and their amounts, along with the percentage of the daily value. Some items are circled in blue.

Amount per serving	% Daily Value*
Calories 60	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 18g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	1%
Potassium 23mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ways to Implement HER at Food Pantries

1

From your Online Order



Your Shelves



Rankings Displayed on BVFB's Online Ordering System

The screenshot displays a web interface for an online ordering system. At the top, there is a navigation bar with a 'Sort By' dropdown, a search bar labeled 'Search Products...', a 'Filters' button, and three menu icons. Below the navigation bar, three product listings are shown, each with a placeholder image of a bean, a title, a list of attributes, a price per case, a quantity selector, a limit indicator, and an 'Add to Cart' button. The 'Nutrition' attribute for each product is circled in blue. A blue arrow points to the 'Filters' button in the top navigation bar.

Product ID	Product Name	Price / Case	Limit
(700557)	Beans, Baby Lima 12 x 2lbs	\$4.75	14
(700089)	Beans, Black 24 x 15.5 oz	\$5.13	204
(700669)	Beans, Black-eyed	\$4.94	246

Product 1: (700557) Beans, Baby Lima 12 x 2lbs

- Class: [Placeholder]
- Category: USDA
- Storage: 2 USDA -D
- Packaging: 12 x 2lbs
- Nutrition: Choose Often / Green

Price: \$4.75 / CASE
Qty:
Limit - 14
Add to Cart

Product 2: (700089) Beans, Black 24 x 15.5 oz

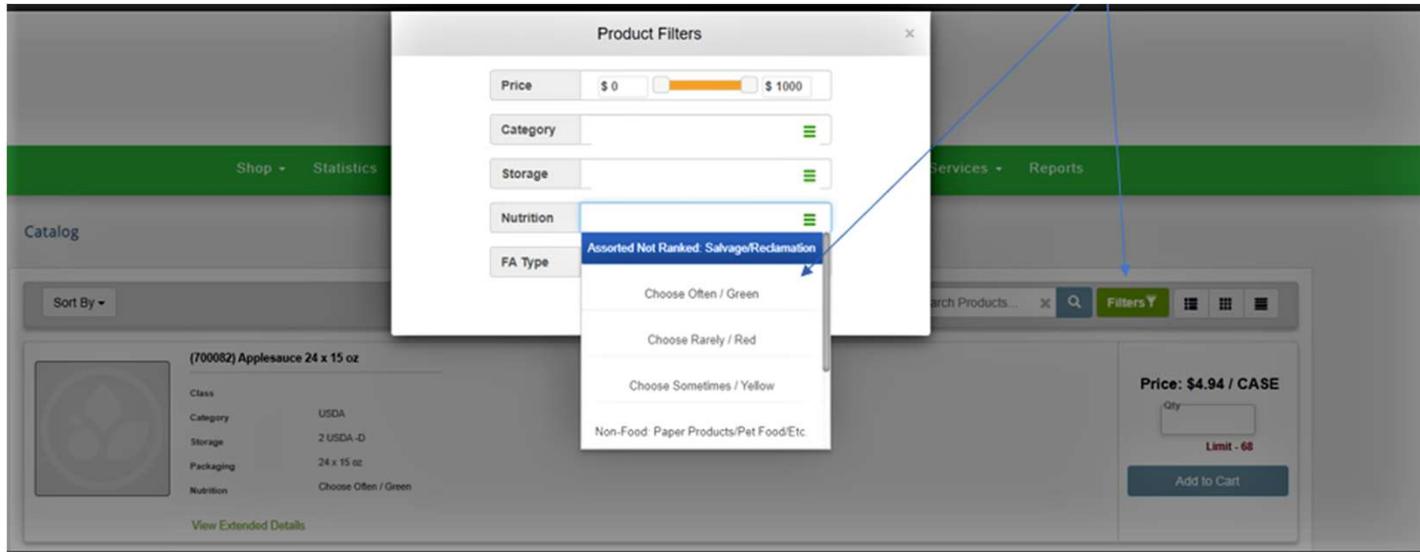
- Class: [Placeholder]
- Category: USDA
- Storage: 2 USDA -D
- Packaging: 24 x 15.5 oz
- Nutrition: Choose Often / Green

Price: \$5.13 / CASE
Qty:
Limit - 204
Add to Cart

Product 3: (700669) Beans, Black-eyed

- Class: [Placeholder]
- Category: USDA
- Storage: 2 USDA -D
- Packaging: 24 x 15 oz
- Nutrition: Choose Often / Green

Price: \$4.94 / CASE
Qty:
Limit - 246
Add to Cart



Using Product Filters

Search with a Product's Name

Catalog

Sort By ▾

mixed fruit  Filters ▾   



(G-332) Mixed Fruit, in Juice

Class	
Category	Purchased
Storage	3 Parch-D
Packaging	24 x 15oz
Nutrition	Choose Sometimes / Yellow

[View Extended Details](#)

Price: \$5.13 / CASE

Qty

Limit - 39

[Add to Cart](#)

View:

Showing 1 - 1 of 1  1 

Product Filters

The screenshot displays a product catalog interface with a top navigation bar and a grid of four product cards. The navigation bar includes a 'Sort By' dropdown, a search bar with the text 'Search Products...', a magnifying glass icon, a 'Filters' button with a downward arrow, and three icons for grid, list, and menu views. A blue arrow points to the 'Filters' button. Each product card features a placeholder image, a product title, a table of attributes, a 'View Extended Details' link, a price per case, a quantity input field, a limit indicator, and an 'Add to Cart' button. The 'Packaging' attribute for each product is circled in blue.

Product ID	Product Name	Class	Category	Storage	Packaging	Nutrition	Price / Case	Limit
(700669)	Beans, Black-eyed	USDA	USDA	2 USDA-D	24 x 15 oz	Choose Often / Green	\$4.94	246
(700092)	Beans, Garbanzo(Chick Peas) 24 x ...	USDA	USDA	2 USDA-D	24 x 15 oz	Choose Often / Green	\$4.94	159
(700094)	Beans, Great Northern 12 x 2 lb.	USDA	USDA	2 USDA-D	12 x 2 lb.	Choose Often / Green	\$4.56	199
(700100)	Beans, Lentil 12 x 2lb.	USDA	USDA	2 USDA-D	12 x 2lb.	Choose Often / Green	\$4.56	296





Supporting Wellness at Pantries (SWAP)

Ways to Implement HER at Food Pantries

2

From your online Order



To the Client's Food box



What IF??

Food



Ways to Implement HER at Food Pantries

3

HER Calculator!



Simple Rules of Thumb for HER

Food that is Green

- All fresh fruits and vegetables
- Whole eggs
- Whole grain bread, pasta, tortillas
- Brown rice
- Skim, 1% and 2% milk
- Plain water, coffee, tea

Food that is Yellow

- 100% fruit juice
- Regular “white” bread, pasta, tortillas
- White rice
- Whole milk
- Most peanut butter
- Plain dried fruit such as raisins

Food that is Red

- Desserts such as ice cream, cookies, cake
- Candy
- Most processed / packaged snacks
- Regular soda and juice drinks



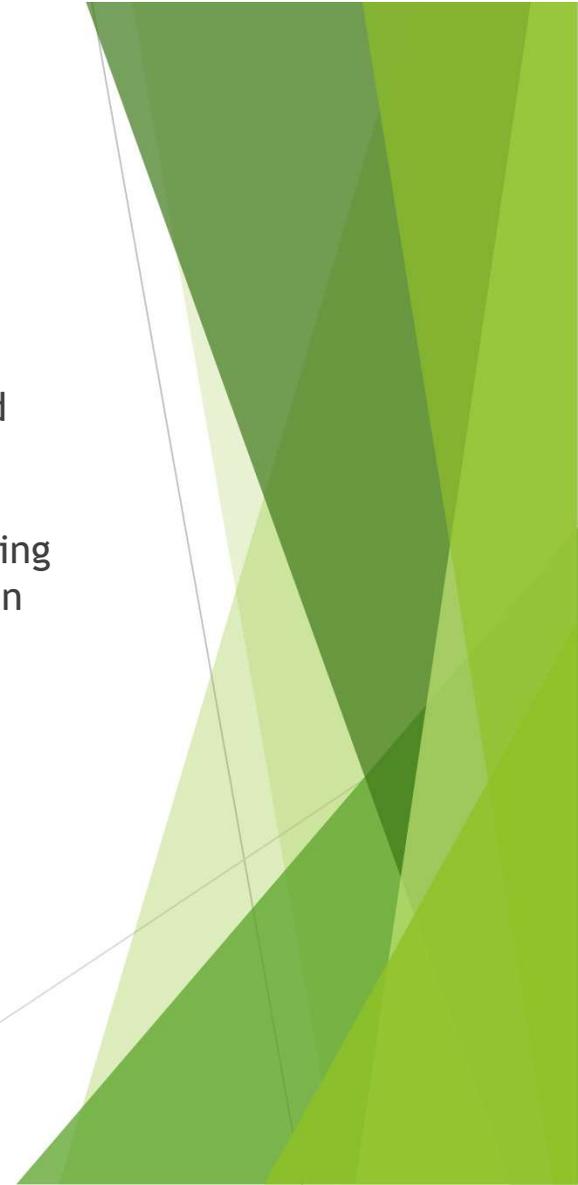
NOT RANKED FOODS

- Condiments like salad dressings and sauces
- Cooking staples such as flour, sugar, oil and spices
- Baby food
- Nutrient supplements (such as Ensure) or protein powders.

How does HER help address Neighbors Health and Food Needs?

- ▶ The charitable food system donate billions of pounds of food annually to address food insecurity.

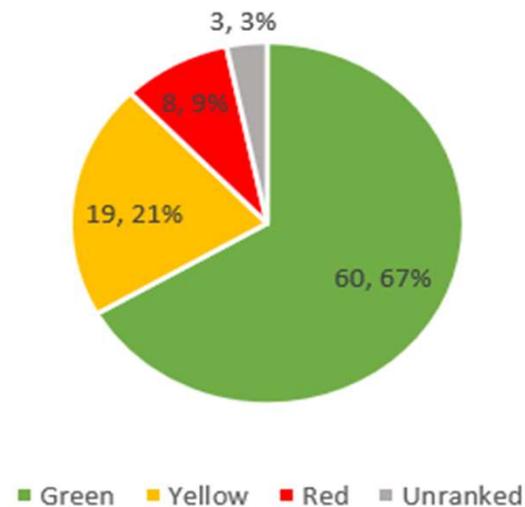
Traditionally, many of the foods and beverages moving through the charitable food system are shelf-stable foods and it may be challenging to determine which foods are high in saturated fat, sodium, and added sugar.



How does HER help address Neighbors Health and Food Needs?

- ▶ Tells you what you have in your inventory, and you can begin to make informed decisions such as gradually increasing green and yellow food items and decreasing red food items through your available food sourcing channels.

New-USDA item ranking chart



Are distributed foods meeting clients' dietary needs or cultural preferences?

Food Donors → Food Banks → Food Pantries → Clients/Guests



Food Supply ← Food Sourcing ← Food Selections ← Food preferences

QUESTIONS?

- ▶ Technical Assistance in Implementing HER Guidelines at your Food pantry, please reach out to me.

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