

My Nutrition Pocket Guide

A Guide to Help
You Rank Foods



About This Guide

This guide ranks foods based on levels of **Saturated Fat, Sodium, and Added Sugars** on the Nutrition Facts Label. This is because these nutrients are linked with increased risk of chronic diseases. Use this guide while you shop for foods. It will tell you if foods fall into the categories below.

Nutrition Facts	
10 servings per container	
Serving Size	1 cup (50g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 40g	14%
Dietary Fiber 5g	17%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 5g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 245mg	7%
* 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.	

**Choose
Often**

Choose often because they support health and are low in saturated fat, sodium, and added sugars.

**Choose
Sometimes**

Choose sometimes because they may have health benefits but also have medium levels of saturated fat, sodium, or added sugars.

**Choose
Rarely**

Choose rarely because they have limited health benefits and have high levels of saturated fat, sodium, or added sugars. Think of these as "treats."

How To Rank Foods

1 Decide the food group of the item (dairy, protein, etc.).

2 Look at the Nutrition Facts label of the food. Compare **Saturated Fat, Sodium and Added Sugars** on the label to the values in this guide. This guide will show you what color the value is in.

Nutrition Facts	
10 servings per container	
Serving Size	1 cup (50g)
Amount Per Serving	
Calories	250
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 40g	14%
Dietary Fiber 5g	17%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 5g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 245mg	7%
* 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.	

3

If all of the nutrient values fall into ONE color, then that is the color rank. But, if the nutrient values fall into multiple colors, then the color rank is the LEAST encouraged color.

For example: If Saturated Fat and Sugar both fall in the **GREEN** category, but the Sodium falls in **YELLOW**, then the food is categorized in **YELLOW**.

This guide uses the “Per Serving” values on the Nutrition Facts label, not the “as prepared” or “drained” values. For more information about Nutrition Facts labels, visit bit.ly/foodrank.

Simple Rules of Thumb

Foods that are GREEN

All fresh fruits and vegetables, whole eggs, whole grain bread, pasta, and tortillas, brown rice, skim, 1% and 2% milk, plain water, unsweetened coffee, and tea

Foods that are YELLOW

100% fruit juice, regular "white" bread, pasta, and tortillas, white rice, whole milk, most peanut butter, and dried fruit like raisins

**Foods that are
RED**

All desserts and candy, most processed and packaged snacks, regular soda, juice drinks, lemonade, sports/energy drinks, and sweetened teas and coffees.

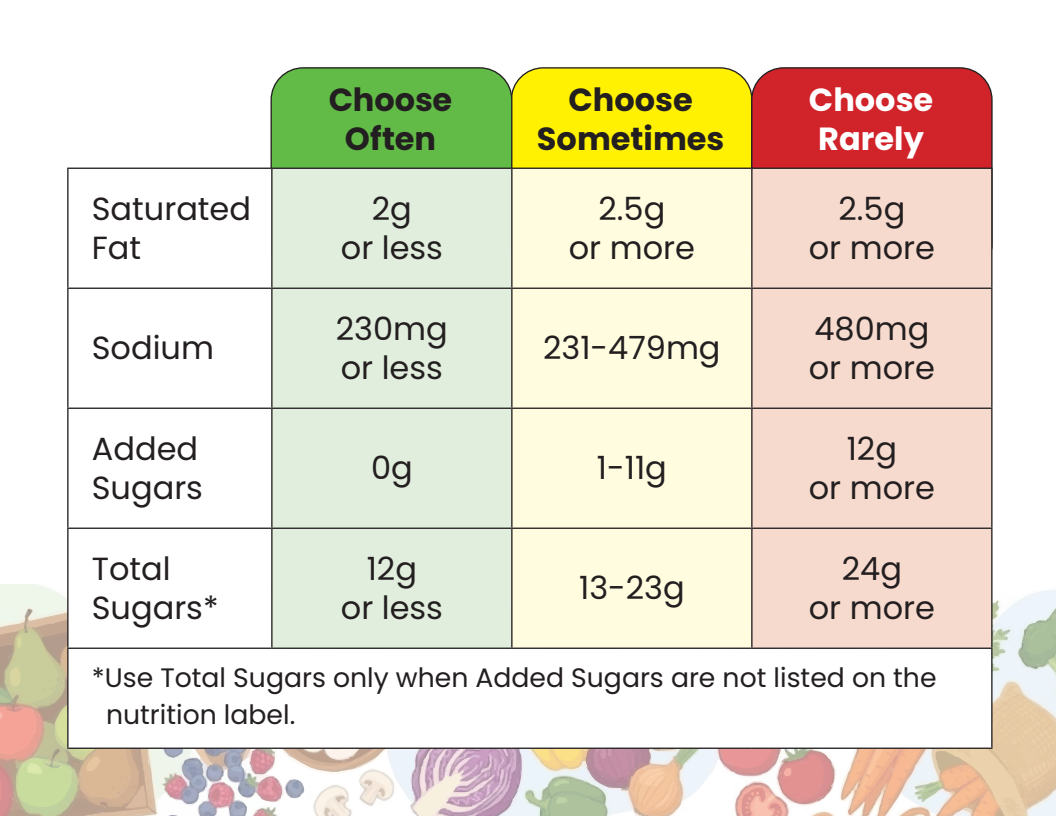
**Foods that are
NOT RANKED**

Condiments like salad dressings and sauces, cooking staples like flour, sugar, oil, and spices, baby food, and nutrient supplements like Ensure or protein powders

Visit bit.ly/foodrank for a complete list of ranked foods.

Fruits and Vegetables

- » All fresh fruits and vegetables are **GREEN**.
- » All 100% fruit and vegetable juices are ranked **YELLOW**.
- » Products like raisins, banana chips, and dried pineapple are ranked **YELLOW** because they contain higher levels of natural sugar than fresh fruit.
- » If an item has a Nutrition Facts Label, use the chart below to rank the food.



	Choose Often	Choose Sometimes	Choose Rarely
Saturated Fat	2g or less	2.5g or more	2.5g or more
Sodium	230mg or less	231-479mg	480mg or more
Added Sugars	0g	1-11g	12g or more
Total Sugars*	12g or less	13-23g	24g or more

*Use Total Sugars only when Added Sugars are not listed on the nutrition label.

Grains

- » The first ingredient must be whole grain AND fall within “Choose Often” to rank **GREEN** otherwise, consider the item a non-whole grain.
- » Whole grains also include barley, buckwheat, bulgur, corn, farro, oats, rye, and sorghum, cornmeal, masa, whole wheat, brown rice, quinoa, oats and oatmeal (including old-fashioned oatmeal and instant oatmeal).

	Choose Often	Choose Sometimes	Choose Rarely
Saturated Fat	2g or less	2.5g or more	2.5g or more
Sodium	230mg or less	231-479mg	480mg or more
Added Sugars	6g or less	7-11g	12g or more



Protein

	Choose Often	Choose Sometimes	Choose Rarely
Saturated Fat	2g or less	2.5-4.5g	5g or more
Sodium	230mg or less	231-479mg	480mg or more
Added Sugars	6g or less	7-11g	12g or more

A colorful illustration of various protein sources arranged in a circular pattern. It includes a wooden cutting board with sliced meat, a bowl of shrimp, a bowl of hard-boiled eggs, a bowl of lentils, a bowl of chickpeas, a bowl of almonds, a bowl of salmon, a bowl of chicken, a bowl of tofu, and a bowl of beans. There are also some fresh vegetables like green beans and a bunch of asparagus.

Beverages

	Choose Often	Choose Sometimes	Choose Rarely
Saturated Fat	0g or less	0g	1g or more
Sodium	0mg	1-140mg	141mg or more
Added Sugars	0g	1-11g	12g or more



Dairy

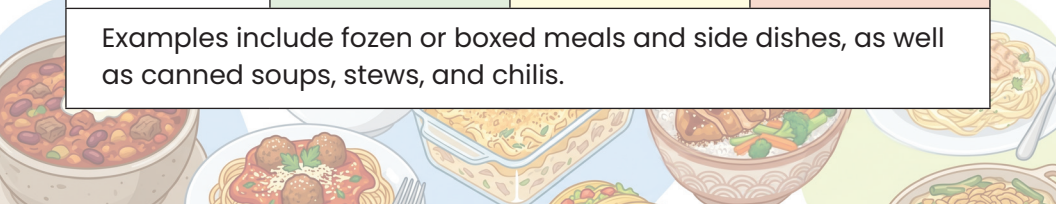
	Choose Often	Choose Sometimes	Choose Rarely
Saturated Fat	3g or less	3.5-6g or more	6.5g or more
Sodium	230mg or less	231-479mg	480mg or more
Added Sugars	0g	1-11g	12g or more
Total Sugars*	12g or less	13-23g	24g or more

*Use Total Sugars only when Added Sugars are not listed on the nutrition label.

Mixed Dishes

	Choose Often	Choose Sometimes	Choose Rarely
Saturated Fat	3g or less	3.5-6g	6.5g or more
Sodium	480mg or less	481-599mg	600mg or more
Added Sugars	6g or less	7-11g	12g or more

Examples include frozen or boxed meals and side dishes, as well as canned soups, stews, and chilis.



Processed and Packaged Snacks

- » Processed and packaged foods can never rank **GREEN** because they are processed.
- » The first ingredient must be whole grain AND fall within “Choose Sometimes” to rank **YELLOW**.
- » Whole grains also include barley, buckwheat, bulgur, corn, farro, oats, rye, and sorghum. Whole wheat, brown rice, quinoa, oats and oatmeal (old-fashioned and instant) also count as whole grain.

	Choose Often	Choose Sometimes	Choose Rarely
Saturated Fat	None	2g or less	2.5g or more
Sodium	None	0-140mg	141mg or more
Added Sugars	None	0-6g	7g or more



Notes

Visit ontracktowellness.org
or scan the code for more
information and resources.



Made possible with funding from the Centers for Disease Control and Prevention.

