

Detailed Foods To Encourage

The *Detailed Foods to Encourage (F2E)* framework was designed to more accurately evaluate and describe the nutritional contributions of the food categories in food banks' inventories. This framework below serves as the Feeding America national office recommendation, not requirement, for network food banks. Below are the qualifications required for the product categories to be listed within our Foods to Encourage.

Foods must meet all criteria below to qualify. Criteria is based on per serving basis.

Fruits and Vegetables

- Fresh with nothing added
- 100% Fruit or Vegetable Juice
- Canned, Dried or Frozen with no partially hydrogenated oils that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}^i$
 - **Total Sugar:** Fruit in lite syrup or 100% Juiceⁱⁱⁱ or $\leq 12\text{g}^{\text{iii}}$
 - **Sat Fat:** $\leq 2\text{g}^{\text{iv}}$
 - **Trans Fat:** 0g

Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with “whole grain” listed as the first ingredient^v & with:
 - $>10\%$ DV^{vi} or $\geq 2.5\text{g}$ fiber
- Cereal with “whole grain” listed as the first ingredient^{vii} & $>3\text{g}$ of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}$
 - **Total Sugar:** Bread/Pasta $\leq 0\text{g}^{\text{viii}}$
Cereal $\leq 12\text{g}^{\text{ix}}$
 - **Sat Fat:** $\leq 2\text{g}$
 - **Trans Fat:** 0g

Protein

- Eggs
- Nuts, Seeds, Beans and Lentils with nothing added
- Beans, Meat, Poultry and Seafood that meet criteria below:
 - **Sodium** $\leq 480\text{mg}^{\text{x}}$
 - **Sat Fat:** $\leq 2\text{g}^{\text{xi}}$
 - **Trans Fat:** 0g
- Nuts/Seeds responding spreads that meet the criteria below:
 - **Sodium:** $\leq 230\text{mg}$
 - **Total Sugar:** $<4\text{g}$ per 2T/1oz^{xii}
 - **Trans Fat:** 0g

Dairy

- Unflavored/Unsweetened low-fat (1%), or skim/non-fat milk or yogurt
- Flavored skim/non-fat milk or yogurt
- Unsweetened milk substitutes (e.g. Soy)
- Cheese that meets the criteria below:
 - **Sodium:** $\leq 480\text{mg}^{\text{xiii}}$
 - **Sat Fat:** $\leq 3\text{g}$ | **Trans Fat:** 0g
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
 - **Sodium:** $\leq 480\text{mg}^{\text{xiii}}$
 - **Total Sugar:** $\leq 22\text{g}(\text{milk}^{\text{xiv}})$
 $\leq 30\text{g}(\text{yogurt}^{\text{xv}})$
 - **Saturated Fat:** $\leq 3\text{g}$
 - **Trans Fat:** 0g

Resources:

For more information, please visit the following links:

- I. HealthyFoodBankHub.org
- II. Add a widget to your website to provide easy access to healthy recipes:
<http://healthyfoodbankhub.feedingamerica.org/widget-creator/>
- III. Foods to Encourage Background Document:
<http://healthyfoodbankhub.feedingamerica.org/resource/foods-to-encourage-background/>

References

- i. Alliance for a Healthier Generation, Sodium Threshold for a Non-Entrée/Non Meal item not to exceed ≤ 230 mg per serving.
- ii. USDA Food and Nutrition Service Standard for School Lunches
- iii. CFBAI Category Specific Uniform Criteria
- iv. CFBAI Category Specific Uniform Criteria
- v. United States Department of Agriculture and United States Department of Health and Human Services. Dietary Guidelines for Americans 2010
- vi. FDA 10. Appendix B: Additional Requirements for Nutrient Content Claims, 2009 Claim for at least “good source” of dietary fiber | RACC = Relative Amount Customarily Consumed
- vii. United States Department of Agriculture and United States Department of Health and Human Services. Dietary Guidelines for Americans 2010
- viii. CFBAI Category Specific Uniform Criteria
- ix. CFBAI Category Specific Uniform Criteria
- x. Consistent with criteria for “healthy”, CFBAI
- xi. FDA/USDA Lean meat, fish, poultry
- xii. CFBAI Category Specific Uniform Criteria
- xiii. Alliance for a Healthier Generation sodium criteria for low-fat and non-fat dairy products
- xiv. IOM Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier youth
- xv. IOM Nutrition Standards for Foods in Schools: Leading the Way Toward Healthier youth