

# 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% Juice<sup>iii</sup> or  $\leq 12\text{g}^{iii}$
  - **Sat Fat:**  $\leq 2\text{g}^{iv}$
  - **Trans Fat:** 0g

## Grains

- 100% whole grain (Rolled Oats, Barley, Wild Rice)
- Bread & Pasta with “whole grain” listed as the first ingredient<sup>v</sup> & with:
  - $>10\%$  DV<sup>vi</sup> or  $\geq 2.5\text{g}$  fiber
- Cereal with “whole grain” listed as the first ingredient<sup>vii</sup> &  $>3\text{g}$  of dietary fiber
- Bread, Pasta & Cereal that meet the criteria below:
  - **Sodium:**  $\leq 230\text{mg}$
  - **Total Sugar:** Bread/Pasta  $\leq 0\text{g}^{viii}$   
Cereal  $\leq 12\text{g}^{ix}$
  - **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**  $\leq 480\text{mg}^x$
  - **Sat Fat:**  $\leq 2\text{g}^{xi}$
  - **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<sup>xii</sup>
  - **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:**  $\leq 480\text{mg}^{xiii}$
  - **Sat Fat:**  $\leq 3\text{g}$  | **Trans Fat:** 0g
- Flavored milk, milk substitutes, and yogurt, that meets the criteria below:
  - **Sodium:**  $\leq 480\text{mg}^{xiii}$
  - **Total Sugar:**  $\leq 22\text{g}(\text{milk}^{xiv})$   
 $\leq 30\text{g}(\text{yogurt}^{xv})$
  - **Saturated Fat:**  $\leq 3\text{g}$
  - **Trans Fat:** 0g