



F2E

Foods to Encourage

Foods with limited saturated fat, sodium, and sugar.

F2E items can be promoted to clients visiting your pantry who are working to maintain good health or manage chronic disease, like diabetes and hypertension.

These items are available for your agency to order!

F2E GUIDELINES ON THE LABEL:

Be on the lookout for the **F2E** designation on the shopping list. Currently, we are sorting and identifying **F2E fruits, vegetables, and protein.**

Foods that do not meet F2E criteria are just as important for our clients. These items just need some extra tips on how to cut back on the saturated fat, sodium, and sugar.

For tips and recipe ideas, visit the Nutrition Center on the Member Section of our website.

www.lowcountryfoodbank.org/member-nutrition-center

SATURATED FAT
 $\leq 2g$ Fruits, Vegetables, Grains, Protein

SUGARS
 $\leq 12g$ Fruits, Vegetables, Grains (cereal)

 0g Grains (bread/pasta)

SODIUM
 $\leq 230g$ Fruits, Grains, Vegetables

 $\leq 480g$ Protein

Nutrition Facts	
Amount per serving	
Serving size 1 1/2 cup (208g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 430g	
Total Carbohydrate 46g	
Dietary Fiber 7g	
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Iron 260mg	20%
	35%
	6%

Fruits packed in 100% juice or water are automatically F2E.

\leq means less than or equal

