



# 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:

Look 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](http://www.lowcountryfoodbank.org/member-nutrition-center)

**SATURATED FAT**  
≤ 2g Fruits, Vegetables, Grains, Protein

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
	% Daily
Total Fat 4g	
Saturated Fat 1.5g	
Trans Fat 0g	
Cholesterol 5mg	
Sodium 430mg	
<b>Total Carbohydrate 46g</b>	
Dietary Fiber 7g	
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein 11g</b>	
Vitamin D 2mcg	10%
Iron 260mg	20%
Calcium 140mg	35%
Phosphorus 240mg	6%

**SUGARS**  
≤ 12g Fruits, Vegetables, Grains (cereal)  
0g Grains (bread/pasta)

**SODIUM**  
≤ 230mg Fruits, Grains, Vegetables  
≤ 480mg Protein

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

*≤ means less than or equal*

