

Fresh Shelves, Healthy Pantries

Stocking Guidelines for Phase 1: Lean & Low-Sodium Proteins

Nutrition Facts

8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* 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.

Please stock lean & low-sodium proteins from each of these 5 categories

Saturated Fat 1g 5%

Lean: Less than 10% of DV or 2 g of saturated fats per serving

Sodium 160mg 7%

Low-Sodium: Less than 10% of DV or 230 mg of sodium per serving

At least 1 type of fresh/frozen lean meat



Skinless chicken breast



Turkey



>85% lean ground beef



Pork tenderloin

At least 1 type of canned fish or chicken, in water



Canned chicken in water



Canned fish in water

Stock enough of these items to give out at least 2 lean & low-sodium proteins to each client

JHU does not endorse any product referenced in this trial which are mentioned only for illustrative purposes; in no way is JHU suggesting that any referenced product is healthier, better or worse than any other product.

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At least 1 type of low-fat dairy



Fat-free or low-fat milk



Plant-based milk alternative,
unsweetened



Low-fat cheese



Plain low-fat yogurt

At least 1 type of dried beans, chickpeas, or lentils



Dried beans



Dried chickpeas



Dried lentils



At least 1 type of low-sodium canned beans, chickpeas, or lentils



Low-sodium canned beans



Low-sodium canned chickpeas



Low-sodium canned lentils

Stock enough of these items to give out at least 2 lean & low-sodium proteins to each client

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