

Healthier Choice Vending Guidelines



Healthier Choice vending items will meet the following criteria for a single serving.

Fat

- Contains less than 35 fat calories for every 100 calories of the food.
- Contains 1 gram or less of saturated fat calories for every 100 calories of the food.
- Contains 0 g of trans-fat.
- Nuts are exempt from fat criteria as they are high in monounsaturated fat.

Sugar/Artificial Sweeteners

- Contains less than 15g of sugar per serving, excluding sugar from fruit
- Sugar-free choices are acceptable if they meet the fat criteria.

Salt/Sodium

- Snack items: Contain less than 480 mg of sodium per serving.
- Entrée items: Contain less than 1000 mg of sodium per serving.

Protein

- Item is a lean protein choice (fish, chicken, turkey, tofu, legumes, beans)
- Must also meet the fat and sodium criteria.

Nuts/Seeds

- Plain or spiced.
- No candy-coated or yogurt-coated nuts/seeds.
- Nuts are exempt from fat criteria as they are high in monounsaturated fat.

Fruits/Vegetables

- Fresh, canned or dried fruits without added sweeteners
- Fresh vegetables and salads. Dressings must meet fat and sugar criteria.
- 100% fruit or vegetable juices without added sweeteners, and meet salt/sodium criteria

Whole Grains/Legumes

- Whole grain breads and cereals must meet sugar criteria.
- Prepared legume products must meet fat, sugar, and sodium criteria.
- Items with at least 2 g of dietary fiber per serving are preferred.

Milk/Dairy Products

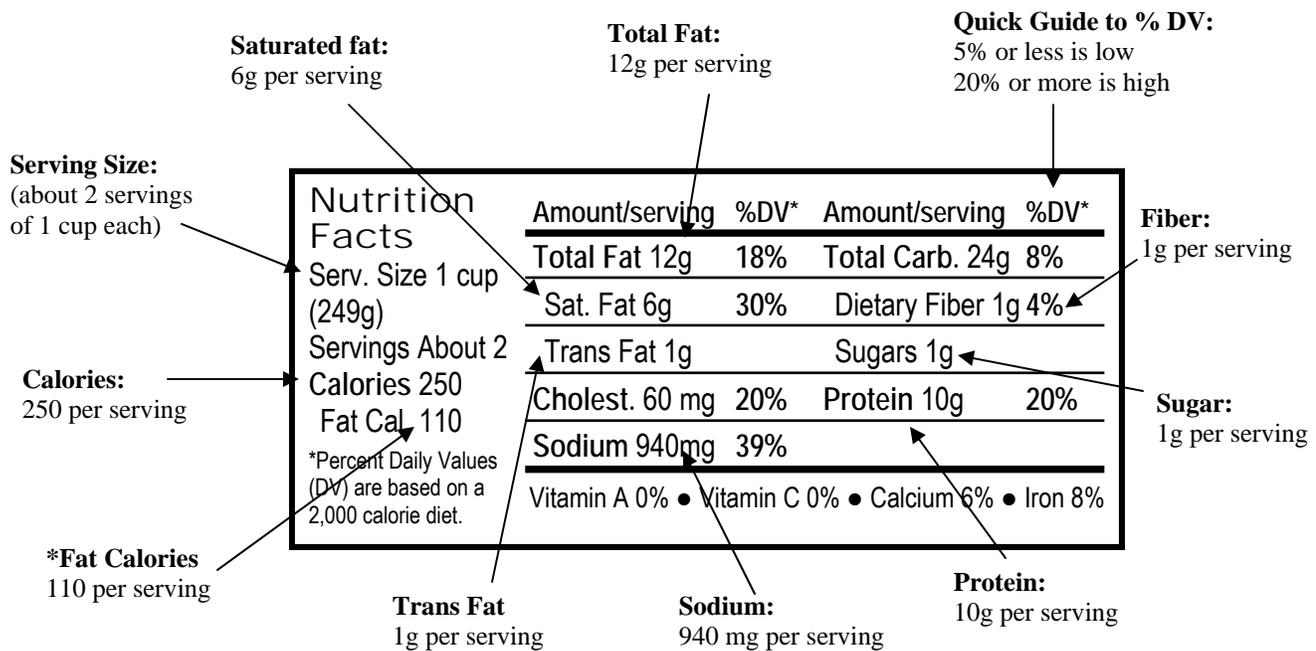
- Non-fat or 1% dairy products (including cheese).
- Frozen dairy items must be made with non-fat or 1% milk, or meet fat criteria.

*Adapted from the Steps to a Healthier Clark County Community Choices 2010 Healthy Vending: Snack Food Nutrition Guidelines (Available at <http://ncwsteps.com/documents/ClarkCountyHealthyVendingGuidelines.doc>)

How to Read a Food Label

Below are the important values to look for on a Nutrition Facts label.

**The Nutrition Facts label gives values PER SERVING. In this case, the total package contains TWO TIMES the values given for each nutrient.



*To calculate **Calories From Total Fat Per Serving:**

Divide fat calories by total calories (110 fat calories/250 calories x 100 = 44% of calories from fat)