

Healthier Choice Vending Guidelines*



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

Fat

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

Sugar/Artificial Sweeteners

- Item contains less than 15 grams of sugar per serving, excluding sugar from fruit.
- Sugar-free choice is acceptable if the fat criterion is met.

Salt/Sodium

- Snack item contains less than 480 milligrams of sodium per serving.
- Entrée contains less than 1000 milligrams of sodium per serving.

Protein

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

Nuts/Seeds

- Nuts or seeds are plain or spiced.
- Nuts or seeds are not candy-coated or yogurt-coated.
- Nuts are exempt from fat criteria as they are high in monounsaturated fat.

Fruits/Vegetables

- Fresh, canned, or dried fruit does not have added sweeteners.
- Fresh vegetables and salads are acceptable if dressing meets fat and sugar criteria.
- 100% fruit or vegetable juice does not have added sweeteners, and meets salt/sodium criteria.

Whole Grains/Legumes

- Whole grain bread or cereal must meet sugar criteria.
- Prepared legume product must meet fat, sugar, and sodium criteria.
- Item that contains at least 2 grams of dietary fiber per serving is preferred.

Milk/Dairy Products

- Item is a non-fat or 1% fat dairy product (including cheese).
- Frozen dairy item must be made with non-fat or 1% milk, or meet fat criteria.

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

How to Read a Food Label

The “Nutrition Facts” label gives values **per serving**. In the example below, the total package contains **two times** the values given for each nutrient. Listed below are other important values to look for on a Nutrition Facts label.

Saturated fat:
6g per serving

Total fat:
12g per serving

Sodium:
940 mg per serving

Fiber:
1g per serving

Sugar:
1g per serving

Protein:
10g per serving

Calories:
250 per serving

***Fat Calories**
110 per serving

Serving Size:
(about 2 servings of 1 cup each)

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size	1 cup (249g)	Total Fat 12g	18%	Sodium 940mg	39%
Servings About	2	Sat. Fat 6g	30%	Total Carb. 24g	8%
Calories	250	Polyunsat. Fat 1.5g		Dietary Fiber 1g	4%
Fat Cal.	110	Monounsat. Fat 2.5g		Sugars 1g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Cholest. 60 mg	20%	Protein 10g	20%
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 8%					

***To calculate Calories From Total Fat Per Serving:** Divide fat calories by total calories (110 fat calories/250 calories =44% of calories from fat).