

Comparison of Nutrition Guidelines for Vending Machines

Nutrition Guidelines for Vending Machines

Increasing access to healthier foods and beverages in public places is a fast-growing movement across the country. This chart compares different sets of recommended nutrition criteria for vended beverages, packaged snacks, and entrée-type foods.



Guidelines Compared:

- ✓ American Heart Association (AHA) [Food and Beverage Toolkit](#) (page 19)
- ✓ National Alliance for Nutrition and Activity (NANA) [Model Beverage and Food Vending Machine Standards](#)
- ✓ [Foodservice Guidelines for Federal Facilities](#)
- ✓ U.S. Department of Agriculture (USDA) [Smart Snacks for Schools](#) (page 7)
- ✓ National Automatic Merchandising Association (NAMA) [FitPick](#) and [FitPick Select](#) (Note that FitPick Select meets the USDA's Smart Snacks standards)

Additional Resources:

- ▶ [Snack, Entrée, and Beverage Options that Meet NANA, AHA, and Federal Food Service Guidelines](#)
- ▶ [The Alliance for a Healthier Generation's has an online store featuring products](#) that meet the U.S. Department of Agriculture's Smart Snacks standards for school snacks and beverages. The Alliance also has a [product calculator](#), through which product nutrition information can be input to determine if they meet the Smart Snacks standards.

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Vended Beverages

	AHA	NANA	Federal Food Service Guidelines	USDA Smart Snacks/NAMA FitPick Select	NAMA FitPick ¹
Percent covered	50%	100%	<u>Standard</u> : at least 50% of beverage options contain ≤ 40 calories/8 oz. (excluding 100% juice and unsweetened fat-free or low-fat [1%] milk) <u>Innovative</u> : at least 75% of available beverage options meet criteria described above	100%	No Standard
Water	Plain, sparkling, and flavored water with ≤ 10 calories per serving	Plain and carbonated water with no caloric sweeteners	Provide free access to chilled, potable water	Plain, with or without carbonation	No Standard
Milk	1% fat or less milk and milk alternatives (≤ 130 calories per 8 oz.)	1% fat or fat-free milk with < 200 calories per container; calcium- and vitamin-D-fortified soymilk with < 200 calories per container	When milk and fortified-soy beverages are available, offer low-fat beverages with no added sugars	Unflavored and flavored 1% or fat-free milk, and permitted milk alternatives in ≤ 8 oz. containers for elementary schools and ≤ 12 oz. containers for middle and high schools	No Standard
Juice	100% fruit or vegetable juice with no added sweeteners or sugars and ≤ 120 calories per 8 oz. (preferred serving); ≤ 150 calories per 10 oz.; or ≤ 180 calories per 12 oz.	100% juice or 100% juice with water, no caloric sweeteners, in containers ≤ 12 oz., ≤ 200 mg sodium per container	When juice is available, offer 100% juice with no added sugars	100% juice or 100% juice with water, no caloric sweeteners, with or without carbonation, ≤ 8 oz. containers for elementary schools and ≤ 12 oz. for middle and high schools	No Standard

¹ NAMA FitPick standards do not include beverages.

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Vended Beverages

	AHA	NANA	Federal Food Service Guidelines	USDA Smart Snacks/NAMA FitPick Select	NAMA FitPick ¹
Coffee and Tea	No Standard	No added caloric sweeteners (if condiments are provided, sugars and sugar substitutes and milk/creamer products that have less fat than cream may be provided)	No Standard	No caffeine in elementary and middle schools	No Standard
Other	Beverages not described should be ≤ 10 calories per label serving	Other beverages must be ≤ 40 calories per container	At least 50% of beverage options must contain ≤ 40 calories per 8 oz. (excluding 100% fruit juice and unsweetened fat-free or 1% milk).	In high schools, low-calorie (≤ 40 calories per 8 oz., with a maximum of 60 calories per 12 oz.) and no-calorie (< 5 calories per 8 oz., with a max of 10 calories per 20 oz.) beverages permitted	No standard

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Vended Packaged Snacks

	AHA	NANA	Federal Food Service Guidelines	USDA Smart Snacks/NAMA FitPick Select	NAMA
Percent covered	100%	100%	100% must meet the sodium and trans fat criteria and at least 75% must meet other nutrition standards	100%	No Standard
Calories	≤200 calories per label serving	≤200 calories per package	≤200 calories per package	≤200 calories per package	≤250 calories per package
Total Fat	Eliminate regular chips and fried snacks	≤35% calories from fat (≤7g for a 200-calorie package), excluding nuts and seeds	No standard	≤35% calories from fat, excluding whole eggs or seafood with no added fat, reduced-fat cheeses, nuts, seeds, nut/seed butters, and products consisting of only dried fruit with nuts and/or seeds	≤10g fat per package
Saturated Fat	≤1g sat fat per serving	≤10% calories from sat fat (≤2g), excluding nuts and seeds	<10% of calories from sat fat, excluding reduced-fat cheeses; nuts, seeds, and nut/seed butters; and dried fruit with nuts/seeds with no added fats or caloric sweeteners	<10% calories from sat fat, excluding whole eggs with no added fat, reduced fat cheeses, nuts, seeds, nut/seed butters, and products consisting of only dried fruit with nuts and/or seeds	≤3g sat fat per package
Trans Fat	0 g per package	0 g per package	0 g per package	0 g per package	0 g per package
Sodium	≤240 mg per package (Preferably ≤140 mg)	≤200 mg per package	≤200 mg per package	≤200 mg per package	≤230 mg per package

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Vended Packaged Snacks

	AHA	NANA	Federal Food Service Guidelines	USDA Smart Snacks/NAMA FitPick Select	NAMA
Sugars	Candy or items with any form of sugar as the first -listed ingredient are not permitted and desserts and sweet baked items should be eliminated or reduced	≤35% of calories from total sugars and ≤10g per package, excluding fruit and vegetables with no added caloric sweeteners or fats and yogurt with ≤30 g total sugar per 8 oz.	≤35% of weight from total sugars in foods, excluding dried whole fruits and vegetables with no added nutritive sweeteners; dried fruit with nuts and/or seeds with no added fats or caloric sweeteners	≤35% of weight from total sugars, excluding dried fruits or vegetables with no added caloric sweeteners and products consisting of only dried fruit with nuts and/or seeds	≤20 g sugar per package
Positive Nutritional Value	Plain nuts and nut/fruit mixes are exempt from the above standards but must have a serving size of ≤1.5 oz. (preferably 1 oz.) and contain ≤140 mg per serving	Each snack item must contain at least one of the following: a quarter cup of fruit, non-fried vegetable, or fat-free/low-fat dairy; 1 oz. of nuts or seeds or 1 Tbsp. of nut butter; >50% of the grain ingredients whole grain; or at least 10% of the Daily Value of a naturally occurring nutrient of public health concern (calcium, potassium, vitamin D, or fiber)	Packaged snacks must be a whole grain-rich product; contain a fruit, vegetable, dairy product, or protein food as the first ingredient; or be a combination food that contains at least ¼ cup of fruit and/or vegetable	Grain products must be ≥50% whole grains by weight or have a whole grain as the first ingredient; other snack foods must contain a fruit, vegetable, dairy product, or protein food as the first ingredient; or be a combination food that contains at least ¼ cup of fruit and/or vegetable	No Standard

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Vended Entrée-Type Foods

	NANA	USDA Smart Snacks
Percent covered	100%	100%
Calories	≤400 ² calories per package/item	≤350 calories per package/item
Total Fat	≤35% calories from fat (which is ≤15g for a 400-calorie item)	≤35% calories from fat (which is ≤13g for a 350-calorie item)
Saturated Fat	≤10% calories from sat fat (which is ≤4g for a 400-calorie item)	≤10% calories from sat fat
Trans Fat	0 g per package/item	0 g per package/item
Sodium	≤480 mg per package/item	≤480 mg per package/item
Sugars	≤35% of calories from total sugars (≤15g per 400-calorie item)	≤35% of weight from total sugars
Positive Nutritional Value	Each entrée-type food item must contain at least two of the following: a quarter cup of fruit, non-fried vegetable, or fat-free/low-fat dairy; 1 oz. of nuts or seeds or 1 Tbsp. of nut butter; at least 50% of the grain ingredients are whole grain; or at least 10% of the Daily Value of a naturally occurring nutrient of public health concern (calcium, potassium, vitamin D, or fiber)	Grain products must be ≥50% whole grains by weight or have a whole grain as the first ingredient; other snack foods must contain a fruit, vegetable, dairy product, or protein food as the first ingredient; or be a combination food that contains at least ¼ cup of fruit and/or vegetable

² Other sets of guidelines were omitted because they do not have standards for entrée-type vended foods.