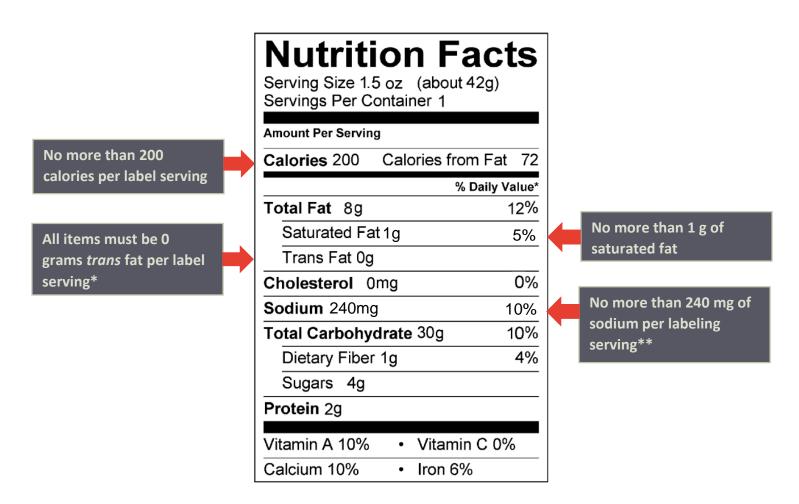
Understanding the American Heart Association Healthy Vending Standards

Food Vending Options

To meet the American Heart Association Healthy Vending Standards, all items must meet calorie, sodium, *trans* fat, and saturated fat standards and no candy or regular chips may be included. Sugarfree mints and gum, baked chips, and pretzels are all allowed.







^{*} And no products containing partially hydrogenated oils

^{**}Preferably no more than 140 mg

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Beverage Vending Options

To meet the American Heart Association Healthy Vending Standards at least 50% of the beverage options must be from the following list:

- Water (plain, sparkling, or flavored) no more than 10 calories per serving
- Fat-free (skim) or Low-fat (1%) milk and milk alternatives (soy, almond, etc.) no more than 130 calories per 8 fl. oz.
- 100% Juice 100% fruit or vegetable juice (or juice and water)
 - No added sugars/sweeteners
 - No more than 120 calories per 8 fl. oz. (preferred size), 150 calories per 10 fl. oz., or 180 calories per 12 fl. oz.
- Other beverages no more than 10 calories per serving

Sample Healthier Beverage Options

Water
Seltzer Water
Flavored Unsweetened Water
Unsweetened or Diet Iced Tea
Diet Iced Tea
Diet Soda
Diet Sports Drinks
Diet Juice Drinks

Sample Healthier Food Options

Fruit Cups
Dried Fruit
Vegetables and Hummus
Nuts
Trail Mix
Granola Bars
Popcorn
Whole-Grain Crackers
Baked Whole-Grain Pita Chips
Baked Chips
Veggie Chips
Cereal Bars
Yogurt

