

## Healthy Beverage and Snack Options for Vending Machines: A Guide for the Consumer

When deciding what type of healthy snack, sweet or side dish to purchase from a vending machine or canteen, consider reading the food label to find food that is a healthy option. Here are some quick and easy ways to read and interpret food labels:

<b>Nutrition Facts</b>	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
<b>Amount Per Serving</b>	
<b>Calories 60</b>	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber Less than 1g	<b>3%</b>
Sugars 0g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

### Serving Size

The nutrition label always lists a serving size, such as 1 cup of cereal, two cookies, or two crackers. (See the label to the left). Serving sizes help people understand how much they're eating. If you ate 6 crackers, that would be three servings.

### Servings per Container or Package

The label also tells you how many servings are contained in that package of food.

### Calories and Calories From Fat

The number of calories in a single serving of the food is listed on the label. This number tells you the amount of calories in one serving. This may be only a portion of the calories in the package. Pay attention to calories because if you eat more calories than your body uses, you might gain weight.

Another important part of the label is the number of calories that come from fat. When shopping for a healthy snack, sweet or side dish, consider foods that have 30% or less of its total calories from fat and 10% or less of its total calories from saturated fat. To determine the percent of total calories from fat, divide fat calories by the total calories and multiply by 100. (Ex: 15 calories from fat ÷ 60 total calories = .25 x 100 = 25% of total calories from fat.)

### Total Fat

The total fat is the number of fat grams contained in one serving of the food. The different kinds of fat, such as saturated, unsaturated, and trans fat, may be listed separately on the label. High fat, saturated fat and trans fat intake have been linked to chronic diseases. A good rule of thumb is to choose foods with less than 3-7 grams of fat per serving, trans fat less than 2 g/serving and saturated fat less than 1 g/serving most of the time (low fat is considered less than 3 g/serving)..

### Total Carbohydrate

Total carbohydrate on the food label lists the number of grams of carbohydrates per serving. This total is broken down into grams of sugar and grams of dietary fiber. Added sugars have no nutritional value other than extra calories that can lead to weight gain. Sugar has also been linked to tooth decay. The USDA recommends limiting added sugar to 6%-10% of total calories. Choose foods with less than 5 gm of sugar per serving or less than 1/3 of total carbohydrate from sugar per serving most of the time.

For a list of Healthy items go to: [http://www.cspinet.org/schoolfood/school\\_foods\\_kit\\_part2.pdf](http://www.cspinet.org/schoolfood/school_foods_kit_part2.pdf)