

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

As a merchant who decides what is loaded in a vending machine, consider including healthy alternatives to your already existing selection. Vending machine users like to make healthy selections in this health conscious environment. You may decide to stock at least 50% of items offered that are healthy choices, dedicate certain machines to healthy items or offer only items that meet the healthy option recommendations. When deciding what type of healthy snack, sweet or side dish to purchase for a vending machine or canteen, consider reading food labels to find foods that represent healthy options. Here are some quick and easy ways to read and interpret food labels:

Nutrition Facts	
Serving Size 2 crackers (14 g) Servings Per Container About 21	
Amount Per Serving	
Calories 60 Calories from Fat 15	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
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, 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.

Another important part of the label is the number of calories that come from fat. The calories in food can come from fat, protein, or carbohydrate. When stocking healthy snacks, sweets or side dishes, 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. When stocking healthy snacks, sweets or side dishes, 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 (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

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♥ Example One

Beverages:

- All juice products shall be 100% juice without added sugar, sweeteners or herbal supplements.
- All bottled water shall have no added sugar, sweeteners, caffeine, nicotine or herbal supplements.
- Container (dispensing) sizes and cost for soft drink/juice/water supplied by the beverage company must be the same.
- Signage/advertising on the soft drink/juice/water machines should promote water, 100% juice and/or physical activity.
- All milk shall be 1%, 1/2% and/or fat free.

Food:

- All canned fruit shall be in it's own juice or packed in unsweetened fruit juice.
- All frozen, dried or dehydrated fruits shall have no added sugar or fat.
- All items shall be lower in fat (≤ 5.5 gm of fat per serving or $\leq 30\%$ of total calories*) and low in sugar (≤ 5 gm of sugar per serving or $\leq 1/3$ of total carbohydrate from sugar per serving).
- Due to nutrient density, nuts/peanuts are exempt from the fat restriction.
- Package size range 1 – 2.25 oz.

Marketing

- All prepared food items shall have calorie level and fat grams posted with item on menu and/or menu board.

* FDA Food Labeling Nutrient Labeling Guidelines

♥ Arkansas College of Public Health; Expectations for College of Public Health Vending Machines

◆ Example Two

Beverages

- Ice water
- Bottled spring or sparkling water – regular or flavored with no sugar
- 100% fruit or vegetable juices – avoid large-size bottles
- Skim or 1% milk
- Coffee and flavored coffees – regular and decaffeinated
- Tea – regular and herb teas – hot or cold
- Coffee/tea creamers of skim milk, 1% milk or fat-free

Snacks

- Fresh fruit – cut up and offered with low-fat yogurt dip
- Raw vegetables – cut up and offered with fat-free or low-fat dressing or salsa dip
- Pretzels – served with sweet mustard dip
- Tortilla chips – baked and offered with salsa dip
- Popcorn – lower fat (5 g fat or less/serving)
- Whole grain crackers – (5 g fat or less/serving)
- Angel food cake with fruit topping
- Beverages from “Beverages” list

◆ This is an excerpt from the Minnesota Guidelines to access the full document go to the following website.

http://www.ahc.umn.edu/ahc_content/colleges/sph/sph_news/Nutrition.pdf