



# Healthy Snack Vending

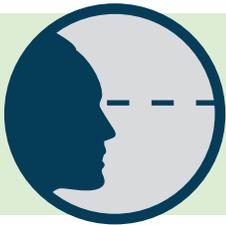
## HEALTHY VENDING BENEFITS

Employers implement worksite wellness programs to improve employee health and the healthfulness of the working environment. When grouped with other healthy eating strategies, healthy vending can lead to reduced health care cost and increased productivity.

## HEALTHY SNACK VENDING GUIDELINES

The nutrition criteria for each snack item include:

- No more than 200 calories
- No more than 35% of calories as fat
- No more than 10% of calories as saturated fat
- No more than 35% of calories as sugar
- No more than 250 milligrams (mg) of sodium per package
- No fried foods
- Nuts, seeds, whole/dried fruits, cheeses & yogurts do not need to meet the fat and sugar criteria, but must be less than 200 calories per package.



The healthiest of items should be staged at the eye level of the consumer.



Price healthy items at a competitive or lower price than non-healthy items to improve nutrition.

## Steps for Finding a Healthy Vending Item:

1. Find the number of calories on the product's Nutrition Facts Label.
2. Find the same number of calories in the "Calories" column on the accompanying chart.
3. Move across the row and compare the numbers in this row for each nutrient (i.e. total fat, saturated fat, sugar, and sodium) with the numbers for those nutrients on the product's Nutrition Facts label.
4. If the number on the Nutrition Facts label is the same as or less than the number on the chart, the food item meets the guidelines.
5. Make sure the item is not fried, such as chips or pork rinds.

## snack nutrition calculator

Calories	Total Fat (g)	Saturated Fat (g)	Sugar (g)
65-70	3	1	6
75-85	3	1	7
90-95	4	1	8
100-105	4	1	9
110-115	4	1	10
120-130	5	1	11
135-140	5	2	12
145-150	6	2	13
155-165	6	2	14
170-175	7	2	15
180-185	7	2	16
190-195	7	2	17
200	8	2	18
Items with more than 200 calories do not fit within the guidelines.			
*No fried foods			
All items should have no more than 250 mg of sodium per package			

NOTE: It is recommended that 75% of the vending items in the machine meet every nutrient guideline associated with its calorie content.

# Making healthier choices

# Healthy Beverage Vending

For a healthy beverage vending machine, stock with this mix of products. Diet soda, plain or carbonated water. 100% fruit or vegetable juice, non-carbonated calorie free, 1% or non fat white milk.

THINK BEFORE YOU DRINK. AND MAKE A HEALTHIER CHOICE.

Stock  
This



**DIET SODA**



**PLAIN OR  
CARBONATED  
WATER**



**UN-SWEET  
TEA**



**100% FRUIT  
JUICE**

HEALTHY ALTERNATIVE: 1% or non fat white milk.



Not  
This



**SODA**  
16 packets  
(20 fl. oz.)



**ENERGY  
DRINK**  
16 packets  
(20 fl. oz.)



**SWEET TEA**  
11 packets  
(20 fl. oz.)



**ORANGE  
FRUIT DRINK**  
13 packets  
(20 fl. oz.)

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**Making healthier choices**