



Recommendations for Healthy (non-refrigerated) Vending Machine Snacks

In order to increase nutrient density and moderate portion size, the following is a recommendation for healthier vending machine offerings:

Snacks : Contain no more than 200 calories per individual package

1. No more than 35% of calories from fat (excluding nuts, legumes, and seeds)
2. No more than 10% of calories from saturated fat
3. No trans fats (no hydrogenated or partially hydrogenated oils)
4. No more than 250 mg sodium per package
5. No more than 10 grams added sugar per package
6. Items with grains contain whole grains
7. Items made from whole grains contain at least 2 grams of fiber/serving