

# 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. Sugar-free mints and gum, baked chips, and pretzels are all allowed.

<b>Nutrition Facts</b>	
Serving Size 1.5 oz (about 42g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 200	Calories from Fat 72
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 1g	4%
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 10%	• Vitamin C 0%
Calcium 10%	• Iron 6%

No more than 200 calories per label serving

All items must be 0 grams *trans* fat per label serving\*

No more than 1 g of saturated fat

No more than 240 mg of sodium per labeling serving\*\*

\* 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  
100% Juice Diluted with Water

### 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