

Nutrition Standards for Vending Machines

This spreadsheet compares National Alliance for Nutrition and Activity Model Vending Standards (NANA), U.S. Department of Agriculture national standards for snacks and beverages sold in schools outside of school meals (USDA), General Services Administration/U.S. Department of Health and Human Services Health and Sustainability Guidelines (GSA/HHS), American Heart Association Procurement Guidelines (AHA), and National Automated Merchandizers Association's (NAMA) Fit Pick.

Vending	NANA	USDA	GSA/HHS	AHA	NAMA
Snacks	100% (could phase in)	100%. Exempt from all nutrition standards: fresh fruits and vegetables; canned/frozen fruit in water, 100% juice, light or extra light syrup; canned vegetables in water	Most of the standards are for 25% of the products offered (other than sodium and trans fat)	100%	No recommendation
Calories	≤200 cal	≤200 cal	≤ 200 cal, excludes nuts and seeds	≤200 cal	≤250 cal
Total Fat	≤ 35% cal from fat and no more than 7 g, excludes nuts and seeds	≤ 35% cal from fat, excludes nuts, seeds, reduced-fat cheese (including part-skim mozzarella), dried fruit with no nutritive sweeteners sold with nuts or seeds, seafood with no added fat	No Standard	Limit fried foods	10 g
Sat Fat	≤ 10% of cal from sat fat and no more than 2 g, excludes nuts and seeds	< 10% of cal from sat fat, excludes nuts, seeds, reduced-fat cheese (including part-skim mozzarella), dried fruit with no nutritive sweeteners sold with nuts or seeds	≤ 10% of cal from sat fat, excludes nuts and seeds	≤ 10% of cal from sat fat	3 g
Trans Fat	0 g per package	0 g per package	All items must be 0 g per package	0 g per package	0 g per package

Red shading signifies an area that needs improvement

	NANA	USDA	GSA/HHS	AHA	NAMA
Sodium	≤200 mg per package	≤230 mg per package; starting July 2016, ≤200 mg per package	All items must be ≤230 mg per package	≤230 mg per package	≤230 mg per package
Sugars	≤35% of cal from total sugars and no more than 10 g, excludes fruit and yogurt	≤35% of weight from sugars, excludes dried and dehydrated fruits and vegetables with no added nutritive sweeteners, products containing fruit/vegetable with nuts/seeds	≤35% of weight from sugars	No Standard	20 g
Positive Nutritional Value	Include at least one of the following: 1/4 cup fruit, non-fried vegetable, or fat-free/low-fat dairy; 1 oz. nuts or seeds or 1 Tbsp. nut butter; 50% whole grain; or have 10% of Daily Value of naturally occurring nutrient of public health concern (calcium, potassium, vitamin D, fiber)	Include at least one of the following: fruits, vegetables, dairy or protein foods as first ingredient;* have whole grains as the first ingredient* or contain 50% whole grain; 1/4 cup fruit or vegetable in combination foods; or through 7/1/16, have 10% of Daily Value of naturally occurring nutrient of public health concern *if water is the first ingredient, the rule applies to the second ingredient	DGA should be considered	Include at least one of the following: 1/4 cup fruit, non-fried vegetable, or fat-free/low-fat dairy; 1 oz. nuts or seeds or 1 Tbsp. nut butter; have 50% whole grain; or have 10% of Daily Value of naturally occurring nutrient of public health concern (calcium, potassium, vitamin D, fiber)	Prioritized, but not required: fruit, vegetables, seafood, lean meats, fat-free/low-fat dairy, whole grains, unsalted nuts and seeds, beans, peas and legumes, healthy oils (canola, olive, sunflower, soybean, and safflower)

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	NANA	USDA	GSA/HHS	AHA	NAMA
Entrée					
Calories	≤400 cal	≤350 cal, excluding entrée items served on the day of or day after service in program meal	No Standard	≤500 cal	No Standard
Total Fat	≤35% cal from total fat and no more than 15 g	≤ 35% cal from fat	No Standard	Limit fried foods	No Standard
Sat Fat	< 10% of cal from sat fat and no more than 4 g	< 10% of cal from sat fat	No Standard	≤ 10% of cal from sat fat	No Standard
Trans Fat	0 g per item as served	0 g per item as served	All items must be 0 g per item	0 g per item	No Standard
Sodium	≤480 mg per item	≤480mg per item	All items must be ≤480 mg per item	≤480 mg per item	No Standard
Sugars	≤35% of cal from total sugars and no more than 15 g	≤35% of weight from sugars	No Standard	No Standard	No Standard
Positive Nutritional Value	Include at least two of the following: 1/4 cup fruit, non-fried vegetable, or fat-free/low-fat dairy; 1 oz. nuts or seeds or 1 Tbsp. nut butter; 50% whole grain; or have 10% of Daily Value of naturally occurring nutrient of public health concern	Include at least one of the following: fruits, vegetables, dairy or protein foods as first ingredient;* have whole grains as the first ingredient* or contain 50% whole grain; 1/4 cup fruit or vegetable in combination foods; or through 7/1/16, have 10% of Daily Value of naturally occurring nutrient of public health concern *if water is the first ingredient, the rule applies to the second ingredient	DGA should be considered	Prioritized, but not required: fruit, vegetables, seafood, lean meats, fat-free/low-fat dairy, whole grains, unsalted nuts and seeds, beans, peas and legumes, healthy oils (canola, olive, sunflower, soybean, and safflower)	No Standard

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	NANA	USDA	GSA/HHS	AHA	NAMA
Beverages	100%	100%	50% mid-calorie other than milk and 100% juice	50% water, no and low calorie (≤ 10 cal/8 oz.)	No Standard
Mid-Calorie	Other than milk and 100% juice, beverages must be ≤ 40 cal/container	≤ 40 cal/8 oz., limit of 12 oz. portion (only allowed in high schools)	50% of choices (other than 100% juice and unsweetened milk) ≤ 40 cal/serving (8 oz.), suggested limit of 12 oz. portion	≤ 66 cal/8 oz.	No Standard
Milk	1% fat or less with ≤ 200 cal per container; calcium and vitamin D fortified soy with ≤ 200 cal per container	1% fat or less, unflavored, ≤ 8 oz. for elementary schools; ≤ 12 oz. for middle and high schools. Non-fat milk can be flavored. Includes nutritionally equivalent milk alternatives.	2% fat or less	1% fat or less, if flavored $\leq 150/8$ oz.	No Standard
Juice	100% juice or 100% juice diluted with water, no caloric sweeteners, limit of 12 oz., ≤ 200 mg sodium per container limit for vegetable juice	100% juice or 100% juice diluted with water, no caloric sweeteners, limit of 8 oz. in elementary schools, 12 oz. in middle and high schools	100% juice with no caloric sweeteners, ≤ 230 mg sodium per container limit for vegetable juice	100% juice, ≤ 180 cal/12 oz.	No Standard
Coffee	Creamer with less fat than cream	No caffeine in elementary and middle schools	No Standard	1% fat or less milk	No Standard
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