

## Right-Sized and Better for You Vending Standards<sup>1</sup>

<b>Food</b>	
<b>Calories</b>	<p>≤ 200 calories per item (excluding nuts and seeds without added fats, oils or caloric sweeteners)</p>
<b>Saturated Fat</b>	<p>≤ 10% of total calories from saturated fat (excluding nuts and seeds without added fats or oils)</p>
<b>Trans Fat</b>	<p>0 grams trans fat per serving</p>
<b>Sodium</b>	<p>≤ 230 mg sodium per serving</p>
<b>Sugar</b>	<p>≤ 35% of total weight (excluding fruits or vegetables without added caloric sweeteners)</p>
<b>Beverages</b>	
<ul style="list-style-type: none"> <li>• Beverage choices (other than 100% juice and unsweetened milk) must contain ≤ 40 calories/serving.</li> <li>• If milk is offered, only offer 2%, 1% and non-fat milk (dairy or dairy substitute).</li> <li>• If juice is offered, offer at least one 100% juice with no added caloric sweeteners.</li> <li>• Vegetable juice must contain ≤230 mg sodium per serving.</li> </ul>	

1. Adapted from: Health and Human Services General Services Administration collaborative team, The Federal Health and Sustainability Team for Concessions and Vending. Health and Sustainability Guidelines for Federal Concessions and Vending Operations. April 2012.