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.

![Nutrition Facts](image)

- **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
Understanding the American Heart Association Healthy Vending Standards

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