

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