

# Nutrition Environment Measures Survey – Vending (NEMS-V) Criteria for Coding Beverages



- Green    Water without flavoring, additives, or carbonation
- $\leq$  12 oz. 100% fruit juice or low-sodium (<230 mg/8 oz.) vegetable juice
- $\leq$  12 oz. 2%, 1%, and non-fat milk (unsweetened) with < 3 gm sat fat per 8 oz. , < 38% calories from fat and  $\leq$  13 gm sugar per 8 oz. serving
- Lactose-free and soy beverages are included if per 8 oz. serving:
- sugar is limited to less than 12 grams
  - protein is at least 6 grams
  - calcium is 250 mg
  - provides less 5 grams total fat
- $\leq$  12 oz. 100% fruit juice or low-sodium (<230 mg/8 oz.) vegetable juice
- Yellow    At least 50% of available beverage choices including water but other than 100% juice and unsweetened milk must meet yellow criteria.
- 100% juice fruit or vegetable juice with between 230 and 400 mg sodium per 8 oz. serving;
- > 12 oz. fat free, 1% or 2 % unsweetened milk
- fat free, 1% or 2 % flavored milk with < 3 gm sat fat per 8 oz. , < 38% calories from fat and > 13 gm sugar per 8 oz. serving and/or with artificial sweeteners
- any other caloric or non-caloric sweetened beverage with < 40 calories and between 230 and 400 mg sodium per 8 oz. serving
- Red        Does not meet green or yellow criteria.

---

## Rationale:

---

Plain water is considered green as it is necessary for hydration and contributes no calories or additives. Other beverages in this category are based on [Health and Sustainability Guidelines for Federal Concessions and Vending Operations](#) (April, 2012) and are consistent with the 2010 Dietary Guidelines for Americans. Yellow criteria for sodium (between 230 mg and 400 mg per 8 oz. serving) is the transition range from earlier criteria when standards were modified for Iowa's Healthy Kids Act (2008).

