

Nutrition Environment Measures Survey – Vending (NEMS-V)

Criteria for Coding Snack Foods



Green Provides at least one serving of fruit, vegetable, and/or whole grains or non-fat/low-fat dairy products and meets the Dietary Guidelines for Americans.

Must also meet all of the following criteria:

- ≤200 calories per portion as packaged*
- No more than 35 percent of total calories from fat*
- <10 percent of total calories from saturated fat; zero trans fat*
- ≤35 percent weight from total sugars
- Yogurt must be 2%, 1% or fat-free with no added sweeteners
- Sodium content of 230 mg or less per portion as packaged

Yellow May provide a serving of fruit, vegetable, and/or whole grain or non-fat/low-fat dairy product, but doesn't meet the strictest sodium or sugar criteria; meets the Dietary Guidelines for Americans.

Must meet all of the following criteria:

- ≤200 calories per portion as packaged*
- No more than 35 percent of total calories from fat*
- <10 percent of total calories from saturated fat; zero trans fat*
- ≤35 percent weight from total sugars
- 2%, 1% or fat-free yogurt with added sweeteners
- Sodium content of between 230 mg and 400 mg per portion as packaged

Red Does not meet green or yellow criteria.

Rationale:

Criteria for snack foods 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 portion as packaged) is the transition range from earlier criteria when standards were modified for Iowa's Healthy Kids Act (2008)

Nutrition Environment Measures Survey Restaurant (NEMS-R) criteria (except sodium) is used for entrees, burgers and sandwiches, main dish salads, salads and sides. To view this criteria and rationale, visit <http://www.med.upenn.edu/nems/measures.shtml#>

*Excluding nuts and seeds without added fats, oils, or caloric sweeteners

