

Nutrition Environment Measures Survey-Vending (NEMS-V) Food and Beverage Coding Summary

Category	Green Foods	Yellow Foods	Red Foods
Beverages	<ul style="list-style-type: none"> plain water without flavoring, additives, or carbonation 100% fruit juice or 100% low-sodium vegetable juice (4-ounce limit for elementary and middle schools; 8-ounce limit for high schools) skim or 1% milk; 8-ounce servings of low-fat or nonfat chocolate or strawberry milk with no more than 22 grams of sugar no more than 35% of calories from total sugar 	<ul style="list-style-type: none"> seltzer water and club soda non-caffeinated, non-fortified (vitamin or mineral) beverages with less than 5 calories per portion as packaged artificially sweetened, non-caffeinated, caffeinated, non-fortified (vitamin or mineral) beverages with < 5 calories per portion as packaged (adult only*) unsweetened tea or artificially sweetened tea (adult only) 100% fruit or 100% low-sodium vegetable juice > 8 oz. sugar-free, reduced/low-sugar sport or reduced/low-sugar energy drinks flavored skim or 1% milk with artificial sweeteners ≤ 12 oz. 2% flavored or plain milk ≤ 12 oz. (adult only*) no more than 35% of calories from total sugar 	<ul style="list-style-type: none"> regular soft drinks sweetened tea, fruit drink (anything < 100% fruit juice), sugar-flavored water regular sport/energy drinks whole milk 2% flavored or plain milk (under age 18 only) 2% flavored or plain milk > 12 oz (adult only*)
Fruits and Vegetables	<ul style="list-style-type: none"> whole or slice fruits (apples or pear slices) fruit cups packed in juice or water dried or dehydrated fruit (raisins, apricots, cherries, and bananas) vegetables (baby carrots, celery or pepper sticks) when information about added 	<ul style="list-style-type: none"> vegetables and fruits with dip when information about added sugars is available, the standard is no more than 25% of calories from added sugar 	<ul style="list-style-type: none"> desserts that contain less than ½ cup fruit or vegetable

	<p>sugars is available, the standard is no more than 25% of calories from added sugar</p>		
**Refrigerator or Frozen	<ul style="list-style-type: none"> • 8 oz. servings of low-fat, fruit-flavored yogurt with less than 30 grams sugar (yogurt tubes, fruit and yogurt parfaits) • entrée that provides at least one serving of fruit, vegetables and/or whole grains, or non-fat/low-fat dairy products and meets the following criteria <ul style="list-style-type: none"> ✓ ≤ 800 calories ✓ ≤ 30% calories from fat ✓ If saturated fat data are available, then check to see if the items that meet the total fat criterion also have ≤ 10% of calories from saturated fat ✓ ≤ 600 mg/serving sodium • burger or sandwich that provides at least one serving of fruit, vegetables and/or whole grains, or non-fat/low-fat dairy products and meets the following criteria: <ul style="list-style-type: none"> ✓ ≤ 650 calories ✓ ≤ 30% calories from fat ✓ ≤ 10% of calories from saturated fat ✓ ≤ 600 mg/serving sodium • Side salad or other side that provides at least one serving of fruit, vegetables and/or whole grains, or non-fat/low-fat dairy 	<ul style="list-style-type: none"> • low-fat yogurt with > 30 grams sugar • some ice cream bars low in sugar and fat; • some frozen yogurt • entrées, burgers, sandwiches that do not provide at least one serving of fruit, vegetables and/or whole grains, or non-fat/low-fat dairy products but meet the calorie criteria (≤ 800 calories for entrees, ≤ 650 calories for burger or sandwich); ≤ 30% calories from fat; ≤ 10% of calories from saturated fat; ≤ 600 mg/serving sodium • sandwiches and main-dish salads - if no nutrient information is available and ingredients are known which meet the following criteria: <ul style="list-style-type: none"> ✓ grilled, char grilled or charbroiled chicken breast (except mayonnaise-based), grilled fish or seafood (except mayonnaise-based), turkey breast, roast beef or ham ✓ ≤ two high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami, bologna, pastrami, 	<ul style="list-style-type: none"> • regular yogurt • most regular ice cream and frozen yogurt • entrées <ul style="list-style-type: none"> ✓ > 800 calories ✓ > 30% calories from fat ✓ > 10% of calories from saturated fat ✓ > 600 mg per serving sodium • burgers and sandwiches <ul style="list-style-type: none"> ✓ > 650 calories ✓ > 30% calories from fat ✓ > 10% of calories from saturated fat • main dish salads <ul style="list-style-type: none"> ✓ mayonnaise-based salads such as tuna salad, chicken salad ✓ Caesar salad ✓ salad topped with fried chicken or other fried meat ✓ salad in a fried shell (e.g., taco salad) ✓ ≥ 3 high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami, bologna, pastrami, corned

	<p>products and provides \leq 400 mg/serving sodium</p>	<p>corned beef or other high-fat lunch meat, sour cream</p> <ul style="list-style-type: none"> ✓ low-fat or fat-free dressing (for salad) • Side salads or other sides - if no nutrient information is available and ingredients are known which meet the following criteria: <ul style="list-style-type: none"> ✓ < two high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami, bologna, pastrami, corned beef or other high-fat lunch meat, sour cream ✓ low-fat or fat-free dressing 	<p>beef or other high-fat lunch meat, sour cream</p> <ul style="list-style-type: none"> ✓ regular dressing • side salads or other sides <ul style="list-style-type: none"> ✓ \geq 3 high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami, bologna, pastrami, corned beef or other high-fat lunch meat, sour cream ✓ regular dressing ✓ > 400 mg/serving sodium
Salty snack	<ul style="list-style-type: none"> • \leq 200 calories per portion as packaged • \leq 400 mg sodium per portion as packaged*** • no more than 35% of calories from total sugar • no more than 35% of calories from total fat; <10% of total calories from saturated fat; zero trans fat • non-flavored whole-grain pretzels • nuts and seeds are allowed as combination products as long as other nutrient standards are met and do not count against the total fat content of the product 	<ul style="list-style-type: none"> • \leq 200 calories per portion as packaged • \leq 400 mg sodium per portion as packaged*** • no more than 35% of calories from total sugar • no more than 35% of calories from total fat; <10% of total calories from saturated fat; zero trans fat • some low-sodium baked potato chips, crackers, and pretzels • some flavored pretzels or larger sized bags • nuts and seeds are allowed as combination products as long as other nutrient standards are met and 	<ul style="list-style-type: none"> • >200 calories per portion as packaged • > 400 mg sodium per portion as packaged • > 35% of calories from total sugar • >35% of calories from total fat; \geq10% of total calories from saturated fat; > zero trans fat • regular chips • Slim Jim, pork rinds

		do not count against the total fat content of the product	
Sweet snacks; pastries; candy	<ul style="list-style-type: none"> • ≤ 200 calories per portion as packaged • ≤ 400 mg sodium per portion as packaged*** • no more than 35% of calories from total sugar • no more than 35% of calories from total fat; $<10\%$ of total calories from saturated fat; zero trans fat • 100% whole-grain mini bagels 	<ul style="list-style-type: none"> • ≤ 200 calories per portion as packaged • ≤ 400 mg sodium per portion as packaged*** • no more than 35% of calories from total sugar • no more than 35% of calories from total fat; $<10\%$ of total calories from saturated fat; zero trans fat • one serving in package and meets above criteria <ul style="list-style-type: none"> ○ animal crackers ○ graham crackers ○ Rice Krispie® bars ○ some granola bars ○ some fruit snacks ○ some low-fat baked goods ○ some high fiber toaster pastries ○ Fig Newtons® Minis 	<ul style="list-style-type: none"> • >200 calories per portion as packaged • > 400 mg sodium per portion as packaged • $> 35\%$ of calories from total sugar • $>35\%$ of calories from total fat; $\geq 10\%$ of total calories from saturated fat; $>$ zero trans fat • most cakes, pastries, donuts • Twinkies®, Hostess® cupcakes • candy bars • Pop Tarts® and toaster pastries • Fig Newtons®

*Adult only – Milk in any form provides vitamins and minerals, but the low-fat and non-fat versions are the healthiest choices; caffeinated and artificially sweetened beverages are acceptable for customers > 18 years of age

** Nutrition Environments Measures Survey (NEMS) restaurant criteria was used for entrées, burgers and sandwiches, main dish salads, salads and sides. To view this criteria and rationale, visit <http://www.med.upenn.edu/nems/measurements.shtml#>

*** Institute of Medicine (IOM) Nutrition Standards for Foods in Schools uses sodium content of 200 mg or less per portion as packaged. For NEMS-V, we chose to follow the recommendation of the Nutrition Advisory Committee of Iowa’s Healthy Kids Act (2008) using 400 mg (600 mg for entrée) or less per portion as packaged to begin with and then transitioning to 200 mg (480 mg for entrée) due to market limitations.

