

# 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"> <li>plain water without flavoring, additives, or carbonation</li> <li>≤12 oz. 100% fruit or vegetable juice with ≤230 mg sodium per 8 oz. serving;</li> <li>≤12oz. fat free, 1% or 2 % unsweetened milk with ≤3 gm sat fat, &lt; 38% calories from fat and ≤ 13 gm sugar per 8 oz. serving</li> </ul>	<ul style="list-style-type: none"> <li>greater than 12 oz. 100% juice fruit or vegetable juice with between 230 and 400 mg sodium per 8 oz. serving;</li> <li>&gt; 12 oz. fat free, 1% or 2 % unsweetened milk; fat free, 1% or 2 % flavored milk with ≤3 gm sat fat per 8 oz. , &lt; 38% calories from fat and &gt; 13 gm sugar per 8 oz. serving and/or with artificial sweeteners;</li> <li>any other caloric or non-caloric sweetened beverage with ≤ 40 calories and between 230 and 400 mg sodium per 8 oz. serving</li> </ul>	<ul style="list-style-type: none"> <li>unsweetened or sweetened milk with &gt; 3 gm sat fat, ≥38% calories from fat and &gt; 13 gm sugar per 8 oz. serving;</li> <li>any beverage with &gt; 40 calories per 8 oz. serving;</li> <li>any beverage with &gt;400 mg sodium per 8 oz. serving</li> </ul>
Fruits and Vegetables	<ul style="list-style-type: none"> <li>whole or slice fruits (apples or pear slices)</li> <li>fruit cups packed in juice or water</li> <li>dried or dehydrated fruit (raisins, apricots, cherries, and bananas)</li> <li>vegetables (baby carrots, celery or pepper sticks)</li> </ul>	<ul style="list-style-type: none"> <li>vegetables and fruits with dip</li> <li>when information about <b>added sugars</b> is available, the standard is no more than 35% of total weight</li> </ul>	<ul style="list-style-type: none"> <li>desserts that contain less than ½ cup fruit or vegetable</li> <li>when information about <b>added sugars</b> is available, the standard is more than 35% of total weight</li> </ul>
*Refrigerator or Frozen	<ul style="list-style-type: none"> <li>2%, 1% or fat-free yogurt with no added caloric or non-caloric sweeteners or yogurts labeled as reduced or less sugar according to FDA labeling standards (less than or equal to 16 grams sugar per 6</li> </ul>	<ul style="list-style-type: none"> <li>2%, 1% or fat-free yogurt with added caloric or non-caloric sweeteners (greater than 16 grams sugar per 6 oz.; less than or equal to 2 gm saturated fat per 6 oz.)</li> <li>entrées, burgers, sandwiches that do</li> </ul>	<ul style="list-style-type: none"> <li>regular yogurt</li> <li>entrées                             <ul style="list-style-type: none"> <li>✓ &gt; 800 calories</li> <li>✓ &gt; 30% calories from fat</li> <li>✓ &gt; 10% of calories from saturated fat</li> </ul> </li> </ul>

	<p>oz.; less than or equal to 2 gm saturated fat per 6 oz.)</p> <ul style="list-style-type: none"> <li>• entrée that provides at least one serving of fruit, vegetables and/or whole grains, lean protein (egg whites/egg substitutes; baked, broiled, or grilled fish; fish canned in water; chicken/turkey without skin; beans/lentils; tofu or edaname; vegetable or bean burger such as black bean burger) or non-fat/low-fat dairy products and meets the following criteria* <ul style="list-style-type: none"> <li>✓ <math>\leq 800</math> calories</li> <li>✓ <math>\leq 30\%</math> calories from fat</li> <li>✓ If saturated fat data are available, then check to see if the items that meet the total fat criterion also have <math>\leq 10\%</math> of calories from saturated fat</li> <li>✓ <math>\leq 480</math> mg/serving sodium</li> </ul> </li> <li>• 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"> <li>✓ <math>\leq 650</math> calories</li> <li>✓ <math>\leq 30\%</math> calories from fat</li> <li>✓ <math>\leq 10\%</math> of calories from saturated fat</li> <li>✓ <math>\leq 480</math> mg/serving sodium</li> </ul> </li> <li>• Side salad or other side that provides at least one serving of fruit, vegetables and/or whole</li> </ul>	<p>not provide at least one serving of fruit, vegetables and/or whole grains, lean protein (egg whites/egg substitutes; baked, broiled, or grilled fish; fish canned in water; chicken/turkey without skin; beans/lentils; tofu or edaname; vegetable or bean burger such as black bean burger) or non-fat/low-fat dairy products but meet the calorie criteria*</p> <ul style="list-style-type: none"> <li>✓ <math>\leq 800</math> calories</li> <li>✓ <math>\leq 30\%</math> calories from fat</li> <li>✓ If saturated fat data are available, then check to see if the items that meet the total fat criterion also have <math>\leq 10\%</math> of calories from saturated fat</li> <li>✓ <math>&gt;480 \leq 600</math> mg/serving sodium</li> </ul> <ul style="list-style-type: none"> <li>• 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"> <li>✓ grilled, char grilled or charbroiled chicken breast (except mayonnaise-based), grilled fish or seafood (except mayonnaise-based), turkey breast, roast beef or ham</li> <li>✓ <math>\leq</math> two high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives,</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>✓ <math>&gt; 600</math> mg per serving sodium</li> <li>• burgers and sandwiches <ul style="list-style-type: none"> <li>✓ <math>&gt; 650</math> calories</li> <li>✓ <math>&gt; 30\%</math> calories from fat</li> <li>✓ <math>&gt; 10\%</math> of calories from saturated fat</li> </ul> </li> <li>• main dish salads <ul style="list-style-type: none"> <li>✓ mayonnaise-based salads such as tuna salad, chicken salad</li> <li>✓ Caesar salad</li> <li>✓ salad topped with fried chicken or other fried meat</li> <li>✓ salad in a fried shell (e.g., taco salad)</li> <li>✓ <math>\geq 3</math> 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</li> <li>✓ regular dressing</li> </ul> </li> <li>• side salads or other sides <ul style="list-style-type: none"> <li>✓ <math>\geq 3</math> 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,</li> </ul> </li> </ul>
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	<p>grains, or non-fat/low-fat dairy products and provides <math>\leq</math> 230 mg/serving sodium</p>	<p>pesto, sausage or pepperoni, salami, bologna, pastrami, corned beef or other high-fat lunch meat, sour cream</p> <ul style="list-style-type: none"> <li>✓ low-fat or fat-free dressing (for salad)</li> <li>• Side salads or other sides with <math>&gt;230</math> and <math>\leq</math> 400 mg sodium</li> <li>• 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"> <li>✓ <math>&lt;</math> 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</li> <li>✓ low-fat or fat-free dressing</li> </ul> </li> </ul>	<p>bologna, pastrami, corned beef or other high-fat lunch meat, sour cream</p> <ul style="list-style-type: none"> <li>✓ regular dressing</li> <li>✓ <math>&gt;</math> 400 mg/serving sodium</li> </ul>
Salty snack	<ul style="list-style-type: none"> <li>• <math>\leq</math>200 calories per portion as packaged (excluding nuts and seeds without added fats, oils, or caloric sweeteners)</li> <li>• <math>\leq</math> 230 mg sodium per portion as packaged</li> <li>• no more than 35% of total weight from sugar</li> <li>• no more than 35% of calories from total fat; <math>&lt;</math>10% of total calories from saturated fat; zero trans fat packaged (excluding nuts and</li> </ul>	<ul style="list-style-type: none"> <li>• <math>\leq</math>200 calories per portion as packaged (excluding nuts and seeds without added fats, oils, or caloric sweeteners)</li> <li>• <math>&gt;</math> 230 <math>\leq</math> 400 mg sodium per portion as packaged</li> <li>• no more than 35% of total weight from sugar</li> <li>• no more than 35% of calories from total fat; <math>&lt;</math>10% of total calories from saturated fat; zero trans fat (excluding nuts and seeds without</li> </ul>	<ul style="list-style-type: none"> <li>• <math>&gt;</math>200 calories per portion as packaged</li> <li>• <math>&gt;</math> 400 mg sodium per portion as packaged</li> <li>• <math>&gt;</math> 35% of total weight from sugar</li> <li>• <math>&gt;</math>35% of calories from total fat; <math>\geq</math>10% of total calories from saturated fat; <math>&gt;</math> zero trans fat</li> </ul>

	seeds without added fats, oils, or caloric sweeteners) <ul style="list-style-type: none"> <li>• 100% nuts and seeds without added fats, oil or caloric sweeteners and contains <math>\leq 230</math> mg sodium per serving</li> </ul>	added fats, oils, or caloric sweeteners) <ul style="list-style-type: none"> <li>• 100% nuts and seeds without added fats, oil or caloric sweeteners and that contain <math>&gt; 230 \leq 400</math> mg sodium per serving nuts and seeds</li> </ul>	
Sweet snacks; pastries; candy	<ul style="list-style-type: none"> <li>• <math>\leq 200</math> calories per portion as packaged</li> <li>• <math>\leq 230</math> mg sodium per portion as packaged***</li> <li>• no more than 35% of total weight from sugar</li> <li>• no more than 35% of calories from total fat; <math>&lt;10\%</math> of total calories from saturated fat; zero trans fat</li> </ul>	<ul style="list-style-type: none"> <li>• <math>\leq 200</math> calories per portion as packaged</li> <li>• <math>&gt; 230 \leq 400</math> mg sodium per portion as packaged</li> <li>• no more than 35% of total weight from sugar</li> <li>• no more than 35% of calories from total fat; <math>&lt;10\%</math> of total calories from saturated fat; zero trans fat</li> </ul>	<ul style="list-style-type: none"> <li>• <math>&gt;200</math> calories per portion as packaged</li> <li>• <math>&gt; 400</math> mg sodium per portion as packaged</li> <li>• <math>&gt; 35\%</math> of calories from total sugar</li> <li>• <math>&gt;35\%</math> of calories from total fat; <math>\geq 10\%</math> of total calories from saturated fat; <math>&gt;</math> zero trans fat</li> </ul>

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



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