



Now balancing your snacks has become even easier.

Green is **good** for you

Red is **not as good**

Yellow is somewhere **in between**

So add a little variety in your snacking routine.



Want to find out what color your favorite vending products are?

Visit www.nems-v.com and use the **Healthy Choices Calculator** to see if other snacks fit the criteria.



Nutrition standards for the Nutrition Environment Measures—Vending (NEMS-V) are based on 2012 Health and Sustainability Guidelines for Federal Concessions and Vending Operations



www.nems-v.com

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MIX

IT

UP

Check Out
Healthy
Vending Options





Snacks



Green

Criteria

- ≤ 35% calories from fat*
- < 10% calories from saturated fat; zero trans fat*
- ≤ 230 mg of sodium
- ≤ 35% total weight from sugar
- ≤ 200 calories per portion*

Provides a serving of Fruit, Vegetable or Whole Grain.

Examples:** Raisins, Freeze-dried Fruits and Vegetables, some Popcorn, 100% nuts

Yellow

Criteria

- ≤ 35% calories from fat*
- < 10% calories from saturated fat; zero trans fat*
- Between 230 mg and 400 mg of sodium
- ≤ 35% total weight from sugar
- ≤ 200 calories per portion*

Examples:** some Baked Chips, some Animal Crackers, some Mini Pretzels, some Granola Bars

*excludes 100% nuts and seeds without added fats, oils or caloric sweeteners



Refrigerated



Foods

Green

Criteria

- Whole or Sliced Fruits/Vegetables; Fruit Cups packed in Juice/Water; Dried/Dehydrated Fruit
- 2%, 1% or fat-free yogurt with no added caloric or non-caloric sweeteners

Entrée*

- ≤ 800 calories
- ≤ 30% calories from fat; ≤ 10% calories from saturated fat
- ≤ 480 mg of sodium per serving

Burger or Sandwich*

- ≤ 650 calories
- ≤ 30% calories from fat; ≤ 10% calories from saturated fat

Side Salad or Other Side

- ≤ 480 mg of sodium per serving
- ≤ 230 mg sodium per serving
- ≤ 2 High-fat Ingredients (Bacon, Cheese, Croutons, Crispy Noodles, Tortilla Strips, Olives, Pesto, Sausage, Pepperoni, Salami, Bologna); Low-fat or Fat-free Dressing

*Provides at least one serving of Fruit, Vegetable and/or Whole Grain, or Non-fat/Low-fat Dairy Product.

Yellow

Criteria

- Fruits and Vegetables with Dip; no more than 35% total weight from added sugar
- 2%, 1% or fat-free yogurt with added caloric or non-caloric sweeteners

Entrée, Burgers & Sandwiches

- Meets Green Criteria, but does NOT provide a serving of Fruit, Vegetable, Whole Grain or Non-fat/Low-fat Dairy Product or sodium criteria

Sandwiches & Salads— No Nutrient Information and Ingredients Known

- Grilled Chicken Breast/Fish, Seafood (except Mayonnaise-based), Turkey Breast, Roast Beef, Ham
- ≤ 2 High-fat Ingredients listed in Green Criteria; Low-fat or Fat-free Dressing



Beverages



Green

Criteria

- Plain water without flavoring, additives, or carbonation
- ≤ 12 oz. 100% fruit or vegetable juice with ≤ 230 mg sodium per 8 oz. serving
- ≤ 12oz. fat free, 1% or 2 % unsweetened milk with ≤ 3 gm sat fat, < 38% calories from fat and ≤ 13 gm sugar per 8 oz. serving

Yellow

Criteria

- Greater than 12 oz. 100% juice fruit or vegetable juice with between 230 and 400 mg sodium per 8 oz. serving
- Greater than 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

Utilize the **Healthy Choices

Calculator at www.nems-v.com to determine rankings of specific products.