

Example of Food and Beverage Standards



Consider sharing these standards with the company that services your vending machine.

- **Food Standards**

- ≤ 35% calories from fat (except nuts, nut butters, seeds, reduced-fat cheese, dried fruit & nut/seed combos), and
- < 10% calories from saturated fat (except reduced-fat cheese, dried fruit & nut/seed combos), and
- ≤ 35% sugar by weight (except fruit, non-fried vegetables, dried fruit & nut/seed combos), and
- < 0.5 grams trans fat per serving, and
- ≤ 230 milligrams sodium

- **Beverage Standards**

- Water with no additives, including vitamins, minerals (e.g., electrolytes), stimulants (e.g., caffeine) and sweeteners.
- Unflavored* fat-free or 1% cow's milk with no added sweeteners.
- Unflavored* non-dairy milk alternatives with no added sweeteners.
 - No more than 2.5 grams of fat per 8 fluid ounces

- 100% fruit or vegetable juices or juice/water combinations with a maximum of 160 calories, 230 mg of sodium per container and no added sweeteners.
- Coffee and tea with no added caloric sweeteners.

* Unflavored milk means there can be no chocolate, strawberry, vanilla or other flavored milk and non-dairy milk alternatives offered or sold.

ATTRIBUTES

Food standards adapted from California Department of Education, Nutrition Services Division.

Beverage standards adapted from California Project LEAN's 100% Beverage Standards for Adult Settings.

