VENDING MACHINE NUTRITION POLICY

SNACKS IN VENDING MACHINES

IMPLEMENTATION GUIDE FOR THE COUNTY OF LOS ANGELES

CHOOSEHEALTHLA.COM
NUTRITION GUIDELINES FOR SNACKS IN VENDING MACHINES

ALL SNACKS SOLD IN COUNTY-CONTRACTED VENDING MACHINES MUST ADHERE TO THE FOLLOWING NUTRITION GUIDELINES:

SNACK VENDING MACHINES SHALL OFFER FOODS THAT MEET THE FOLLOWING GUIDELINES FOR AN INDIVIDUALLY SOLD SNACK:

1. No more than 35% of its calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables and cheese packaged for individual sale)
2. No more than 10% of its calories from saturated fat (excluding eggs and cheese packaged for individual sale)
3. No more than 20% of calories from sugar (excluding fruits and vegetables)
4. No more than 250 calories per individual food item or package if a pre-packaged item
5. No more than 200 mg of sodium per individual food item or package if a pre-packaged item
6. Does not contain trans fats added during processing (hydrogenated oils and partially hydrogenated oils)
7. At least 2 grams of dietary fiber per individual food item or package if a pre-packaged item, if the food item is grain/potato based
8. Half of all grains offered must be whole grain

EXAMPLES OF SNACKS THAT COMPLY WITH THE NUTRITION POLICY

Baked chips
Unsalted nuts
Pretzels
Granola and Energy bars
Dried fruit (no sugar added)

NOTE: Snacks that meet the guidelines can vary by brand so it is important to compare the Nutrition Facts labels before stocking an item.

SNACKS CAN BE INCLUDED AS PART OF A HEALTHY DIET. SELECT HEALTHY SNACKS AND CHOOSE OTHERS IN MODERATION TO AVOID WEIGHT GAIN.

2. Vending machines are required to meet this requirement by January 1, 2015; no more than 10% of calories from sugar (excluding fruits and vegetables) to be implemented by January 1, 2017,
3. Hydrogenated and partially hydrogenated oils should not be included in the product ingredient list.
4. Grain-based foods are considered whole grain when the first ingredient listed on the ingredient list is a whole grain. Whole grain ingredients include brown rice, buckwheat, bulgur, millet, oatmeal, quinoa, rolled oats, whole-grain barley, whole-grain corn, whole-grain sorghum, whole-grain triticale, whole oats, whole rye, whole wheat, and wild rice.
1. ALWAYS LOOK AT SERVINGS PER CONTAINER:

Foods must meet the nutrient criteria for the entire package. This container has 2 servings.

2. CALCULATE NUMBER OF CALORIES PER CONTAINER:

It's actually 280 calories x 2 servings = 560 calories for the entire snack.

MAXIMUM ALLOWED: 250 CALORIES

Does this item comply? Y ☐ N ☒

3. CALCULATE THE PERCENT OF CALORIES FROM FAT AND SATURATED FAT:

# grams total fat per serving x 9 calories per gram of fat x 100 = __%  
# total calories per serving

For example, for this food item:
13 grams total fat per serving x 9 calories per gram of fat x 100 = 42%

MAXIMUM ALLOWED: 35% OF CALORIES FROM FAT

Does this item comply? Y ☐ N ☒

5 grams saturated fat per serving x 9 calories per gram of fat x 100 = 16%

MAXIMUM ALLOWED: 10% OF CALORIES FROM SATURATED FAT

Does this item comply? Y ☐ N ☒

4. CHECK SODIUM CONTENT PER CONTAINER:

660mg x 2 servings per container = 1320mg of sodium

MAXIMUM ALLOWED: 200mg

Does this item comply? Y ☐ N ☒

5. CHECK DIETARY FIBER CONTENT PER CONTAINER:

3g of dietary fiber x 2 servings per container = 6g of dietary fiber

MINIMUM REQUIRED: 2 GRAMS OF DIETARY FIBER

Does this item comply? Y ☒ N ☒

6. IDENTIFY WHETHER PRODUCT IS WHOLE GRAIN BASED ON FIRST INGREDIENT LISTED ON INGREDIENT LIST:

See whole grain definition on previous page (footnote 4).

Does this item comply? Y ☐ N ☒

7. CALCULATE THE PERCENT OF CALORIES FROM SUGAR:

# grams of sugar per serving x 4 calories per gram of sugar x 100 = ___%  
# total calories per serving

For example, for this food item:
5 grams of sugar per serving x 4 calories per gram of sugar x 100 = 7%

MAXIMUM ALLOWED: 20%

Does this item comply? Y ☒ N ☒

This product does not meet the nutrition requirements*

*NOTE: Snacks must meet ALL nutrition standards
ONLY SNACK PRODUCTS THAT MEET THE NUTRITION GUIDELINES should be advertised on snack vending machines.

THE FACILITY SHOULD PROMINENTLY DISPLAY SIGNAGE that promotes healthy food and beverage options in all snack vending machines (for County of Los Angeles facilities, signage to be provided by the Los Angeles County Department of Public Health).

SIMILAR SNACKS CAN VARY IN NUTRIENT CONTENT BY BRAND AND PACKAGE SIZE. Check the nutrition information for all product varieties before stocking.

TO HELP EMPLOYEES AND STAFF UNDERSTAND THE NUTRITION CHANGES made in the vending machines, a memo or a newsletter should be distributed.

2000 calories a day is all most adults need.

2300 mg of sodium a day is the most an adult should have.

CHOOSE HEALTH LA is a multi-sectoral initiative to prevent and control chronic disease in the diverse communities of Los Angeles County. Supported by various agencies in the U.S. Department of Health and Human Services, the initiative is working with community partners to develop innovative strategies aimed at reducing the risk of heart disease and stroke; preventing type 2 diabetes; and improving nutrition and opportunities for physical activity in the community.

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