

EXHIBIT 1 – SAN ANTONIO HEALTHY VENDING GUIDELINES

Calories	Total Fat (g)	Saturated Fat (g)	Sugar (g)	Sodium
65	3	1	6	All items should have no more than 250 mg of sodium per package.
70	3	1	6	
75	3	1	7	
80	3	1	7	
85	3	1	7	
90	4	1	8	
95	4	1	8	
100	4	1	9	
105	4	1	9	
110	4	1	10	
115	4	1	10	
120	5	1	11	
125	5	1	11	
130	5	1	11	
135	5	2	12	
140	5	2	12	
145	6	2	13	
150	6	2	13	
155	6	2	14	
160	6	2	14	
165	6	2	14	
170	7	2	15	
175	7	2	15	
180	7	2	16	
185	7	2	16	
190	7	2	17	
195	8	2	17	
200	8	2	18	
<i>Items with more than 200 calories do not fit within the guidelines.</i>				
Other	*No fried foods			
	*Nuts, seeds, whole/dried fruits, cheeses & yogurts do not need to meet the fat and sugar criteria, but must be less than 200 calories per package.			

Steps for Finding a Healthy Vending Item:

1. Find the number of calories on the product's Nutrition Facts label.
2. Find the same number of calories in the "Calories" column on the chart below.
3. Move across the row and compare the numbers in this row for each nutrient (i.e. total fat, saturated fat, sugar, and sodium) with the numbers for those nutrients on the product's Nutrition Facts label.
4. If the number on the Nutrition Facts label is the same as or less than the number on the chart, the food item meets the guidelines.
5. Make sure the item is not fried, such as chips or pork rinds.

NOTE: 75% of the vending items in the machine should meet every nutrient guideline associated with its calorie content.

1. The calories for this item are 120. Find this number on the reference chart.

2. The chart shows an item should have no more than 4g total fat or 1g saturated fat. This item has 4g total fat and <1g saturated fat.

3. An item with 120 calories should have no more than 11g sugar. This item has 0g.

Nutrition Facts

Serving Size (28g)
Servings Per Container _____

Amount Per Serving

Calories 120 **Calories from Fat 35**

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 0g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

5. If there is more than one serving per container multiply that number to Calories, Total Fat, Saturated Fat, Sugar, and Sodium to determine the total amount per package.

4. All items must have no more than 250mg of sodium. This item has 170mg.

5. This item met the criteria for total fat, saturated fat, sugar, and sodium and can be placed in the vending machine. An added benefit—it contains 3 grams of fiber.

Vending Snack Options

75% of the items placed in the vending machines must meet the healthy vending nutrition criteria. The items listed below provide suggestions, and the vendor should compare the Nutrition Facts label of these items to the guidelines before placing in the vending machine.

Non-Refrigerated Options

- Popcorn (fat free or low fat)
- Whole grain cereal
- Whole grain cereal bar
- Whole grain crackers
- Rice cakes
- Soy crisps
- Pop chips
- Baked chips
- Animal crackers
- Graham crackers
- Pretzels
- Peanut butter & crackers
- 100 Calorie snack packs
- Whole grain, low fat muffins
- Low fat granola bars

- Whole grain, low fat fig bars
- Fruit cup in fruit juice
- Dried fruit
- Low sodium jerky
- Nuts & seeds (plain or with spices)
- Trail mix (plain)

Refrigerated Options

- Hard boiled eggs
- Fresh fruits and/or vegetables
- Fat free or low fat plain or Greek yogurt
- Fat free or low fat flavored yogurt or Greek yogurt (no more than 30g total sugar per 8oz serving)
- Fat free or low fat cheese or cottage cheese
- Low fat or reduced fat pudding

San Antonio Healthy Vending Guidelines

Each vended snack will contain:

- **No more than 200 calories**
- **No more than 35% of calories as fat**
- **No more than 10% of calories as saturated fat**
- **No more than 35% of calories as sugar**
- **No more than 250mg sodium per package**
- **No fried foods**

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through a community supported approach