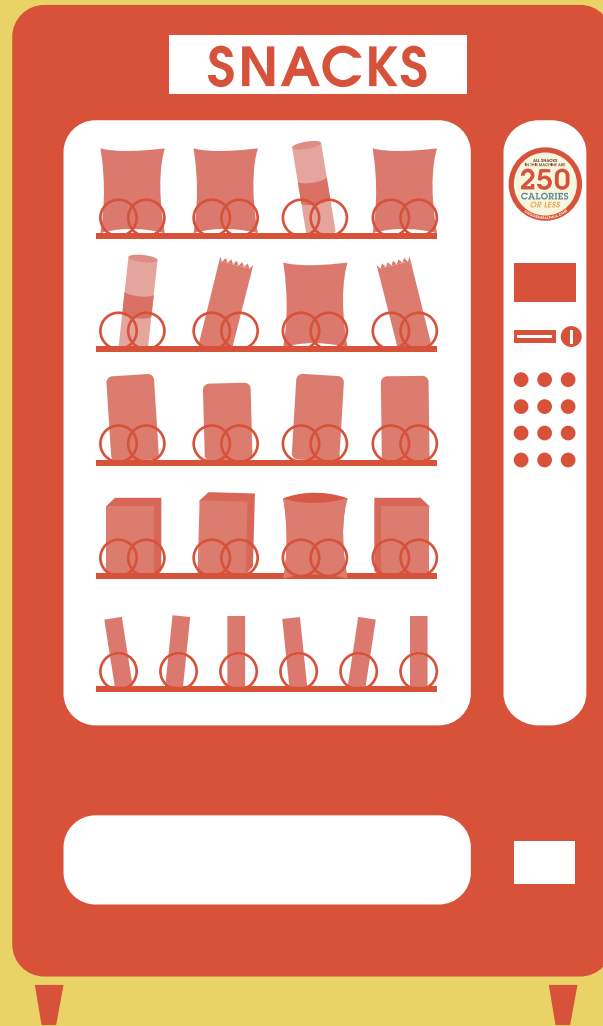


VENDING MACHINE NUTRITION POLICY

SNACKS IN VENDING MACHINES



IMPLEMENTATION GUIDE FOR THE COUNTY OF LOS ANGELES

NUTRITION GUIDELINES FOR SNACKS IN VENDING MACHINES

ALL SNACKS SOLD IN COUNTY-CONTRACTED VENDING MACHINES MUST ADHERE TO THE FOLLOWING NUTRITION GUIDELINES¹:

AN INDIVIDUALLY SOLD SNACK THAT HAS NO MORE THAN:

1. 35% of its calories from fat (excluding legumes, nuts, nut butters, seeds, eggs, non-fried vegetables and cheese packaged for individual sale).
2. 10% of its calories from saturated fat (excluding eggs and cheese packaged for individual sale).
3. 35% sugar by weight (excluding fruits and vegetables).
4. 250 calories per individual food item or package if a pre-packaged item.
5. 360 milligrams of sodium per individual food item or package if a pre-packaged item.

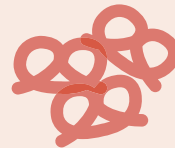
EXAMPLES OF SNACKS THAT COMPLY WITH THE NUTRITION POLICY



Baked chips



Unsalted nuts



Pretzels



Granola and Energy bars



Dried fruit
(no sugar added)

NOTE: These are samples of snacks that may comply with the County's vending standards.¹ Other products may exist which meet these nutrition standards. Snacks that meet the standards 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.



1. Policy # 3.155. County of Los Angeles Vending Machine Nutrition Policy. County of Los Angeles Board of Supervisors Policy Manual. Available at: <http://countypolicy.co.la.ca.us/BOSPolicyFrame.htm>.

THE NUTRITION FACTS LABEL CAN HELP DETERMINE IF A SNACK COMPLIES WITH THE NUTRITION POLICY

1. ALWAYS LOOK AT SERVINGS PER CONTAINER:

Foods must meet the nutrient criteria for the entire package.

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

MAXIMUM ALLOWED: 250 CALORIES:
Does this item comply? Y N

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

$$\frac{\# \text{ grams total fat per serving} \times 9 \text{ calories per gram of fat}}{280 \text{ calories}} \times 100 = _\%$$

For example, for this food item:

$$\frac{13 \text{ grams total fat per serving} \times 9 \text{ calories per gram of fat}}{280 \text{ calories}} \times 100 = 42\%$$

MAXIMUM ALLOWED: 35%
Does this item comply? Y N

$$\frac{5 \text{ grams saturated fat per serving} \times 9 \text{ calories per gram of fat}}{280 \text{ calories}} \times 100 = 16\%$$

MAXIMUM ALLOWED: 10%
Does this item comply? Y N

3. CHECK SODIUM CONTENT PER SERVING:

660 mg x 2 servings = 1320 mg of sodium

MAXIMUM ALLOWED: 360mg
Does this item comply? Y N

4. CALCULATE PERCENT SUGAR BY WEIGHT:

$$\frac{\# \text{ grams of sugar per serving}}{\# \text{ grams of food per serving}} \times 100 = _\%$$

For example, for this food item:

$$\frac{5 \text{ grams of sugar per serving}}{228 \text{ grams per serving}} \times 100 = 2\%$$

MAXIMUM ALLOWED: 35%
Does this item comply? Y N

Nutrition Facts

Serving Size: 1 Cup (228g)

Servings per Container 2

Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value*

Total Fat 13g 20%

Saturated Fat 5g 25%

Trans Fat 2g

Cholesterol 2mg 10%

Sodium 660 mg 28%

Total Carbohydrate 31g 10%

Dietary Fiber 3g 16%

Sugars 5g

Protein 5g

This product does not meet the nutrition requirements.

*NOTE: Snacks must meet ALL nutrition standards

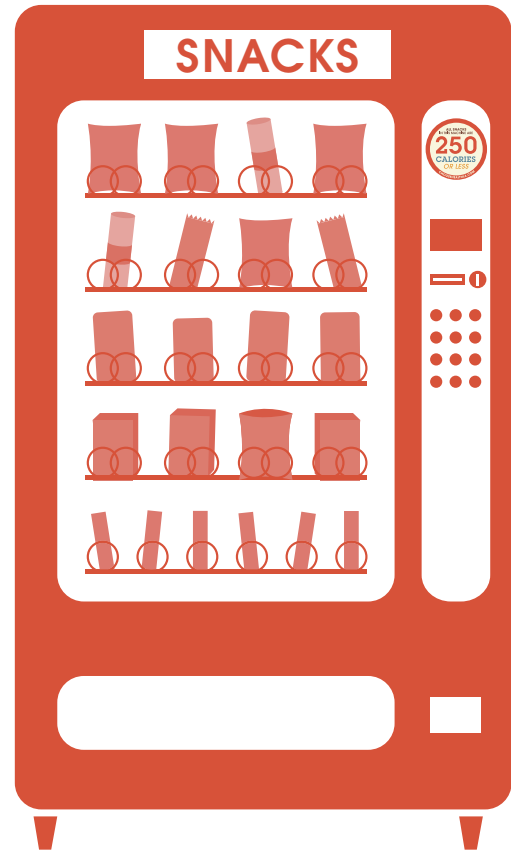
KEY NUTRITION RECOMMENDATIONS

- › 2000 calories a day is all most adults need.
- › 1500 mg of sodium a day is the most an adult should have.

IMPLEMENTATION TIPS

- › **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.

DISPLAY SIGNAGE THAT PROMOTES HEALTHY SNACK OPTIONS



CHOOSE HEALTH LA is a multi-sectoral initiative to prevent and control chronic disease in the diverse communities of Los Angeles County. Supported by the Centers for Disease Control and Prevention (CDC) and other 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 tobacco use and second hand smoke exposure; improving nutrition and opportunities for physical activity; and increasing access to high quality, clinical preventive services.

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