

# Healthy Alternatives to Current Vending Selections

## Competitive Foods

- A competitive food is one that is not part of a reimbursable school lunch or breakfast.
- Schools do not receive reimbursable funds from the government as with school lunch or breakfast.
- Foods sold in vending machines are referred to as competitive foods.
- The nutritional guidelines are very lenient and very general.
- The typical vended food item has 150 extra calories and is made of 10% more fat than the recommended snack.
- Competitive foods make the student more susceptible to commercialism where they are used as consumers that benefit from profit margins of vending companies and schools.
- Experts say the promotion & sale of these vended foods has helped to increase childhood obesity.



## Recommended Nutrition Guidelines

When choosing healthier choices for vending machines, use the following guidelines for guidance.

- Fat: No more than 30% of total calories from fat per serving.
- Saturated Fat/Trans Fat: No more than 10% of calories from saturated plus trans fat per serving.
- Sugar: No more than 35% sugar by weight (except fresh, dried, or canned fruits and vegetables).

## Recommended Portion Sizes

When choosing healthier choices for vending machines, look for packages using the following portion guidelines.

- Snacks & Sweets (chips, crackers, popcorn, cereal, trail mix, nuts, seeds, dried fruit and Jerky) = 1.25 oz
- Cookies & Cereal bars = 2 oz
- Bakery Items (muffins/pastries) = 3 oz
- Frozen desserts = 3 oz
- Yogurt = 8 oz
- Beverages (except water) = 12 oz

# Healthy Alternatives to Current Vending Selections

## Recommended Vending Alternatives

- Peanuts, dry roasted
- Baked Potato Chips
- Animal Crackers
- Fig Newtons
- Sunflower seeds
- Low-fat Yogurt
- Breakfast Bar
- Graham Cracker Bites
- Granola Bars
- Corn Nuts, plain
- Fruit Roll, made with 30% real fruit juice
- Pudding Cup
- Hard Pretzels
- Trail Mix
- Apple
- Oranges
- Dry Cereal
- Cereal Mixes
- Low-fat Cookies
- Low-fat Sports Bars
- 100% Fruit Snacks
- Mini-bagel bread sticks
- Mini flavored Rice Cakes
- Low-fat muffin
- Baked Tortilla Chips
- Vanilla Wafers
- Low-fat popcorn
- Goldfish
- Fat Free Beef Jerky
- Low-fat String Cheese
- Fruit & Vegetable Juices
- Milk, flavored & low-fat
- Water
- Vegetable Juices
- Fruit cups with fruit juice



## Kids Will Buy Healthy Food

- Students will buy and consume healthful foods and beverages when these options are tasty, easily accessible and priced right.
- School foodservice and vending programs can continue to make money while offering healthful food and beverage options to students.
- Some schools have actually made more money from healthful options than from their usual offerings.
- Students, parents and communities support healthy school nutrition environments, and are willing to get involved in making changes.

## For more information, contact

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