

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

Indiana State Chair
Anne Graves
Clarian Health Partners
317.962.9017
agraves1@clarian.org

Laura McCammack
Clarian Health Partners
317.962.3095
lmccamma@clarian.org

Indiana Action for Healthy Kids
www.IndianaActionForHealthyKids.org

