

Appendix III

Nutritional Guidelines for Vending Machines in B.C. Public Buildings (May 2007)

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Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Grains</p> <p>Grains must be the 1st or 2nd ingredient (not counting water)</p> <p>Grain ingredients may include:</p> <ul style="list-style-type: none"> - flours made from wheat, rye, rice, potato, soy, millet, etc. - rice, pasta, corn, amaranth, quinoa, etc 	<p>Some seasoned breads, commercial pancakes, biscuits, etc.</p> <p>Very high fat/sugary/salty baked goods like some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants</p> <p>Most seasoned noodle or rice mixes</p> <p>Some sugary cereals</p> <p>Most saltier grain and corn snacks, baked or fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)</p>	<p>Most loaves, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, croissants</p> <p>Some higher fat crackers</p> <p>Some instant noodle or rice mixes (not enriched or containing fats)</p> <p>Some sugary cereals</p> <p>Most bags of grain and corn snacks, especially if deep-fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)</p> <p>Most pasta salads</p>	<p>Many enriched breads, buns, bagels, tortillas, English muffins, pancakes, etc</p> <p>Some small baked lower fat items such as loaves, muffins, or crackers</p> <p>Some pasta salads with very little dressing</p> <p>Other rice, rice noodles and wraps</p> <p>Most cereals</p> <p>Very few lower fat grain and corn snacks (cereal mix, wheat chips, tortilla chips, etc)</p>	<p>Many whole grain breads, buns, bagels, tortillas, English muffins, pancakes, etc</p> <p>Some small baked lower fat items with whole grains, fibre, fruit or nuts, such as loaves, muffins, or crackers</p> <p>Some whole grain cereals, cereals with fibre, fruit or nuts</p> <p>Very few whole grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc)</p>
<p>Nutrition Criteria</p>	<p>ANY of the following:</p> <p>Calories: more than 400</p> <p>Fat: 15 g or more</p> <p>Saturated fat: more than 5 g</p> <p>Trans fat: 0.2 g or more</p> <p>Sodium: more than 450 mg</p> <p>Sugars: more than 28 g</p>	<p>ANY item that passes the Not Recommended criteria</p> <p>AND has ANY of the following:</p> <p>Calories: 300-400</p> <p>Fat: 7-14.9 g</p> <p>Saturated fat: 3-5 g</p> <p>Sugars: 16.1 - 28 g</p> <p>Iron: 5 % DV (0.7 mg) or less</p> <p>Sugars: are 1st ingredient</p>	<p>ANY item that passes the Not Recommended and Choose Least, but does not pass the Choose Most criteria</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria</p> <p>AND has ALL of the following:</p> <p>Fibre: 2 g or more</p> <p>Sugars: may have 12-16 g sugars IF fruit is the 1st or 2nd ingredient</p> <p>Iron: 10% DV (1.4 mg) or more</p> <p>Does not contain artificial sweeteners</p>

Ensure there are a variety of offerings within any Choose category stocked in the vending machine.

Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Vegetables & Fruit</p> <p>A vegetable or fruit or fruit puree must be the 1st or 2nd ingredient, not counting water. (<i>Juice does not count as a fruit ingredient for this food grouping - see "Vegetable & Fruit Juices"</i>)</p>	<p>Pickles</p> <p>Most Fries: if moderately salted, or if fried in fat containing trans fat</p> <p>Most candy and chocolate coated fruit</p> <p>Most fruit gummies (<i>note that concentrated fruit juice is considered an added sugar when it is not preceded by water in the ingredient list</i>)</p> <p>Most potato/vegetable chips, especially saltier flavours</p> <p>Some fruit chips (baked or fried)</p>	<p>Some canned vegetables, including regular sauerkraut</p> <p>Some Fries: some small portions of deep fried potatoes, may be lightly salted</p> <p>Coated/breaded and deep fried vegetables</p> <p>Most jarred salsa</p> <p>Some fruit gummies with pureed fruit as 1st ingredient</p> <p>Most fried fruit chips</p>	<p>Most fresh/frozen/dried vegetables and fruit, raw, cooked, moderately seasoned/dressed</p> <p>Most canned vegetables in broth</p> <p>Fruit canned in light syrup</p> <p>Fries: some baked frozen fries (without trans fats), may be very lightly salted</p> <p>Vegetables, breaded and baked</p> <p>Some lower sodium jarred salsa</p> <p>Some sweetened baked fruit slices</p> <p>Some potato/vegetable chips, very lightly salted, baked</p>	<p>Most fresh/frozen/dried vegetables & fruit, raw, cooked, very lightly seasoned/dressed</p> <p>Canned vegetables or fruits (in water, juice)</p> <p>Some frozen fruit bars made with pureed fruit</p> <p>Some baked fruit slices</p>
<p>Nutrition Criteria</p>	<p>ANY of the following:</p> <p>Fat: 15 g or more</p> <p>Trans fat: 0.2 g or more</p> <p>Sodium: more than 450 mg</p> <p>Sugars: are 1st ingredient</p>	<p>ANY item that passes the Not Recommended criteria</p> <p>AND has ANY of the following:</p> <p>Calories: more than 250</p> <p>Fat: 5-14.9 g</p> <p>Sodium: between 300-450 mg</p> <p>Sugars: both the 2nd and 3rd ingredients are sugars</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria</p> <p>AND has ALL of the following:</p> <p>Sodium: less than 150 mg</p> <p>Sugars: are not the 2nd ingredient</p> <p>Does not contain artificial sweeteners</p>

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Vegetable & Fruit Juices</p> <p>A vegetable or fruit juice or puree must be the 1st ingredient, not counting water, and make up more than 50% of the volume</p> <ul style="list-style-type: none"> - may be diluted with water or carbonated water - may be fortified with vitamins and minerals - may have added food ingredients, e.g. Fruit pulp, fruit puree - may be artificially sweetened 	<p>Most “drinks”, “blends”, “cocktails”, “splashes” and “beverages” (if sweetened with added sugars)</p> <p>Most fruit smoothies made with any Not Recommended ingredients</p> <p>Slushy drinks and frozen treats with added sugars (see “Candies, Chocolates, etc” food grouping)</p>	<p>Some nectars or juice blends</p> <p>Most regular tomato juice</p> <p>Most regular vegetable juice</p> <p>Most fruit smoothies made with any Choose Least ingredients</p> <p>Slushy drinks and frozen treats made with concentrated juice</p>	<p>100% juice (fruit, vegetable, or combination)</p> <p>Some lower sodium tomato and vegetable juices</p> <p>Sparkly juice, no added sugars</p> <p>Most fruit smoothies made with any Choose Sometimes ingredients</p> <p>Slushy drinks and frozen treats made with Choose Sometimes items (<i>note that concentrated fruit juice is considered an added sugar when it is not preceded by water in the ingredient list</i>)</p>	None
<p>Nutrition Criteria</p>	<p>ANY of the following:</p> <p>Juice content: less than 50% and has added sugars</p> <p>Size: more than 600 mL</p> <p>Trans fat: 0.2 g or more</p> <p>Sodium: more than 450 mg</p>	<p>ANY item that passes the Not Recommended criteria</p> <p>AND has ANY of the following:</p> <p>Size: 361-600 mL</p> <p>Juice content: 50% or more and has added sugars</p> <p>Concentrated fruit juice is 1st ingredient for slushies</p> <p>Fat: more than 5 g</p> <p>AND ANY item that passes the Not Recommended criteria, but does not pass the Choose Sometimes criteria</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria</p> <p>AND has:</p> <p>Sodium: less than 200 mg</p> <p>No added sugars</p>	No criteria

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Milk-based Foods Milk must be the 1st ingredient; cream is NOT considered a milk ingredient</p>	<p>Most cream cheese and light cream cheeses and spreads Some candy flavoured ice creams and frozen yogurt Frozen 'yogurt' not based on milk ingredients (see "Candies, Chocolates, etc" food grouping) Most regular sized sundaes</p>	<p>Some higher fat cheeses Most processed cheese slices and spreads Some puddings/custards, etc. Most candy flavoured or rich ice creams and frozen yogurts Most cottage cheese</p>	<p>Some sweet yogurts Yogurt with artificial sweeteners Many puddings/custards, etc, including those with artificial sweeteners Some ice milks and frozen yogurts – simply flavoured (vanilla, chocolate and strawberry)</p>	<p>Most regular and light cheeses, cheese strings (unprocessed) Most yogurt, plain or simply flavoured</p>
<p>Nutrition Criteria</p>	<p>ANY of the following: Calories: more than 400 Fat: more than 20g Trans fat: 0.4 g or more, per 8 g of protein Sodium: more than 450 mg Sugars: are the 1st ingredient Calcium: less than 4 % DV (44 mg)</p>	<p>ANY item that passes the Not Recommended criteria AND has ANY of the following: Calories: 250 - 400 Fat: 15 - 20 g Sugars: 36 g or more per 175 mL Calcium: 5% DV or less for every 100 mg sodium</p>	<p>AND any item that passes the Not Recommended, and Choose Least criteria, but does not pass the Choose Most criteria</p>	<p>ANY item that passes the Not Recommended, Choose Least, and Choose Sometimes criteria, AND has ALL of the following: Sodium: less than 300 mg Sugars: 20g or less per 175 mL Does not contain artificial sweeteners</p>

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Milk-based Beverages</p> <p>Milk must be the 1st ingredient; cream is NOT considered a milk ingredient. However, <i>fortified</i> soy drinks contain protein and calcium and may be assessed in this food grouping. See “Other Beverages” for other fortified drinks (e.g. rice, potato based) and <i>non-fortified</i> soy drinks.</p>	<p>Most egnogs</p> <p>Most hot chocolate mixes made with water (See also “Other Beverages”)</p>	<p>Most candy flavoured milks</p> <p>Smoothies made with Choose Least ingredients</p>	<p>Some flavoured fortified soy drinks</p> <p>Most basic flavoured milks</p> <p>Yogurt drinks</p> <p>Smoothies made with Choose Sometimes ingredients</p> <p>Some egnogs</p> <p>Most hot chocolates made with milk</p>	<p>Plain, unflavoured milk and fortified soy drinks</p> <p>Many milks modified with fatty acids</p> <p>Tea/coffee lattes</p> <p>Smoothies made with Choose Most ingredients</p> <p>Some hot chocolates made with milk and very little added sugar</p>
<p>Nutrition Criteria</p>	<p>ANY of the following:</p> <p>Size: more than 600 mL</p> <p>Calories: more than 600</p> <p>Fat: more than 15 g per 250 mL</p> <p>Trans fat: more than 0.4 g per 250 mL</p> <p>Sodium: more than 450 mg</p> <p>Sugars: are the 1st ingredient</p>	<p>ANY item that passes the Not Recommended criteria AND has ANY of the following:</p> <p>Size: 361-600 mL</p> <p>1st ingredient is not a milk ingredient</p> <p>Calories: 400 - 600</p> <p>Fat: 10 - 15 g per 250 mL</p> <p>Sugars: more than 36 g per 250 mL</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria</p>	<p>ANY item that passes the Not Recommended, Choose Least, and Choose Sometimes criteria, AND has ALL of the following:</p> <p>Sodium: less than 200 mg</p> <p>Sugars: 20 g or less per 250 mL (if fortified soy drink, 8 g or less per 250 mL)</p> <p>Does not contain artificial sweeteners</p>

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Meat & Alternatives</p> <p>A meat or meat alternative must be the 1st or 2nd ingredient (excluding nuts and seeds*)</p> <p>Meat and meat alternatives include: beef, pork, poultry, fish, game meats, eggs, soybeans, legumes, tofu</p> <p><i>*See the "Nuts & Seed Mixes or Bars" category for guidelines on these items</i></p>	<p>Most seasoned chicken or tuna salads, heavily seasoned</p> <p>Most jerky</p>	<p>Some chicken or tuna salads</p> <p>Fattier pepperoni/chicken sticks</p> <p>Some jerky</p>	<p>Some chicken or tuna salads, lightly seasoned</p> <p>Lean pepperoni/chicken sticks</p> <p>Some jerky, lightly seasoned</p> <p>Most legume salads, lightly seasoned</p> <p>Some dessert tofu</p> <p>Ham slices</p>	<p>Some chicken salads if lower salt</p> <p>Most legume salads if lower salt</p>
<p>Nutrition Criteria</p>	<p>ANY of the following:</p> <p>Calories: more than 400</p> <p>Fat: more than 20 g</p> <p>Saturated fat: more than 10 g</p> <p>Trans fat: 0.4 g or more, per 8 g of protein</p> <p>Sodium: more than 600 mg</p> <p>Iron: less than 1% DV (0.14 mg)</p>	<p>ANY item that passes the Not Recommended criteria</p> <p>AND has ANY of the following:</p> <p>Fat: more than 16 g per 60 g portion</p> <p>Saturated fat: 8 - 10 g</p> <p>Sodium: 451-600 mg</p> <p>Protein: 5 g or less</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria but does not pass the Choose Most criteria</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria</p> <p>AND has ALL of the following:</p> <p>Fat: less than 12 g per 60 g portion</p> <p>Saturated fat: less than 5 g</p> <p>Sodium: less than 375 mg</p> <p>Sugars: no more than 1 g per gram of protein</p> <p>Iron: 3% DV or more (.42 mg)</p> <p>Does not contain artificial sweeteners</p>

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Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Nuts & Seeds (Mixes or Bars) Peanuts, nuts or seeds must be the 1st or 2nd ingredient</p>	<p>Most chocolate or 'yogurt' covered nuts</p>	<p>Some salty or sugary nut/seed bars and mixes (e.g. sesame snap bars)</p>	<p>Nuts/seed bars and mixes with nuts/seeds as the 1st ingredient, may contain candy, 'yogurt', or chocolate if sugars are not the 2nd and 3rd ingredients</p>	<p>Nut/seed bars and mixes with nuts/seeds as 1st ingredient, and no candies or chocolate Peanut butter Other nut/seed butters, e.g. tahini</p>
<p>Nutrition Criteria</p>	<p>ANY of the following: Calories: more than 400 Trans fat: 0.2 g or more Sodium: more than 450 mg Sugars: are the 1st ingredient AND item has more than 250 calories</p>	<p>ANY item that passes the Not Recommended criteria AND has ANY of the following: Calories: 300 – 400 Sodium: 300 – 450 mg Sugars: are the 1st ingredient AND item has 250 or fewer calories Sugars: are more than 10 g AND fruit is not the 1st or 2nd ingredient (<i>count all nuts/seeds listed consecutively as a single ingredient</i>)</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria but does not pass the Choose Most criteria</p>	<p>ANY item that passes the Not Recommended and Choose Least criteria AND has ALL of the following: Sodium: less than 200 mg Sugars: are neither the 1st nor 2nd ingredient Sugars: are not both the 2nd and 3rd ingredient Does not contain artificial sweeteners</p>

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
Mixed Entrée Foods	Some pizzas, e.g. with double cheese Some pastry based pizza pockets Some meat pot pies <i>Note: Some trans fats occur naturally in meats like beef, lamb, goat, deer, moose, elk, buffalo</i>	Most sandwiches made with deli or processed meats Some pizzas, e.g. meat lovers Some pastry based pizza pockets Most meat pot pies Most stir fries if made with salty sauces Some sausage/vegetable rolls Some pasta with a cream based sauce Most frozen entrees unless lower in sodium	Most sandwiches, short (e.g. 10 cm) submarine sandwiches, and burgers made with lean roasted meats (turkey, chicken, beef), but few vegetables Some cheese or meat pizzas Pizza bagels Baked pizza pockets, pizza pretzels Some meat pot pies Most stews served without a grain food Some stir fries Most sushi Pilaf (rice and meat) Some pasta with a milk based sauce Some curries, moderately salted Hard tacos with meat or bean filing	Most sandwiches, short (e.g. 10 cm) submarine sandwiches, and burgers made with lean meats (turkey, chicken, beef) and plenty of vegetables and whole grain breads/buns Some pizzas with vegetables Some stews, chillies, curries, lower sodium, if served with a grain food Some meat/tofu and vegetable stir fries served on rice, if sauce is lower in sodium Pilaf (with vegetables) Most pasta with vegetable based sauce (may have meat) Burritos (bean or meat) Soft tacos filled with Choose Most ingredients Falafel in pita with tomatoes and tzatziki Some low sodium frozen entrees
Nutrition Criteria	ANY of the following: Calories: more than 1,000 Fat: more than 25 g Saturated fat: 12 g or more Trans fat: 0.4 g or more, per 8 g of protein Sodium: more than 1,200 mg Iron: less than 5% DV (0.7 mg)	ANY item that passes the Not Recommended criteria AND has ANY of the following: Calories: 700 - 1,000 Fat: 16.1 - 25 g Saturated fat: 8 - 11.9 g Sodium: 1,000 - 1,200 mg Sugars: more than 24 g	ANY item that passes the Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria	ANY item that passes the Not Recommended, and Choose Least criteria AND has ALL of the following: Ingredients: contains at least 1/3 of a food guide serving from at least 3 food guide food groups (a vegetable/fruit must be one of these) Sodium: less than 750 mg Fibre: 3 g or more Iron: 10% DV (1.4 mg) or more Does not contain artificial sweeteners

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
Soups Includes dry, canned and fresh	Many regular canned soups, broth or milk based	Most instant soups, plain or seasoned Many canned soups, broth or milk based	Some soups without meat, or beans/lentils Some low-sodium canned soups	Some soups made with meat or beans/lentils Some low-sodium canned soups made with meat or beans/lentils
Nutrition Criteria	ANY of the following: Fat: 15 g or more Trans fat: 0.4 g or more per 8 g of protein Sodium: more than 750 mg Iron: less than 2% DV (0.28 mg)	ANY item that passes the Not Recommended criteria AND has ANY of the following: Fat: 10 – 14.9 g Sodium: 600 - 750 mg	ANY item that passes the Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria	ANY item that passes the Not Recommended, and Choose Least criteria AND 1 st ingredient must be a food guide food (not counting water) Sodium: less than 450 mg Iron: 5% DV or more (0.7 mg)
Candies, Chocolates, etc.	Most regular packages	Most very small packages of candies/chocolates Very small portions of dessert gelatines	Sugar-free gum or mints or cough drops Diabetic candies	None
Nutrition Criteria	ANY of the following: Calories: 100 or more Sugars: more than 12 g Sodium: more than 175 mg	ANY item that passes the Not Recommended criteria AND has ANY of the following: Calories: 50-99 Sodium: 50-175 mg Sugars: 5 - 12 g	ANY item that passes the Not Recommended and Choose Least criteria May contain artificial sweeteners	No criteria

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p>Energy Bars Includes meal replacement bars, sports bars and snack bars Includes meal replacement bars, sports bars & snack bars. If a bar has fruit or vegetables as the 1st or 2nd ingredient, it may score better in the Vegetable and Fruit grouping. If a bar has nuts, nut butter or seeds as the 1st or 2nd ingredient, it may score better in the nuts and seeds food grouping.</p>	<p>Super-sized bars Low protein bars</p>	<p>Bars with sugars as 1st ingredient Bars with added fats Many “low-carb” bars</p>	<p>Most bars made with little whole grain, nuts, seeds, fruit</p>	<p>Some bars made with whole grains, nuts, seeds, fruit (see also “Nuts & Seeds [Mixes or Bars])</p>
<p>Nutrition Criteria</p>	<p>ANY of the following: Calories: more than 300 Trans fat: 0.2 g or more Sodium: more than 450 mg Protein: less than 4 g</p>	<p>ANY item that passes the Not Recommended criteria AND has ANY of the following: Calories: 250 - 300 Fat: more than 5 g of fat Sodium: 300-450 mg Protein: 4 - 5.9 g Sugars: are 1st ingredient Sugars: 16 g or more AND fruit is not the 1st ingredient</p>	<p>ANY item that passes the Choose Least and Not Recommended, but does not pass the Choose Most criteria</p>	<p>ANY item that passes the Not Recommended, and Choose Least criteria AND Fibre: 2 g or more Sodium: less than 200 mg Does not contain artificial sweeteners</p>

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Nutritional Guidelines for Vending Machines in BC Public Buildings

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
Other Beverages* (Non-Juice/ Non-Milk based)	Most drinks with sugars as the 1 st ingredient) not counting water) – e.g. iced teas, fruit ‘aides’, pops Most sport drinks* Most unfortified flavoured rice, soy or potato drinks Most hot chocolate mixes made with water Most mixed coffee drinks with sugar and cream	Some fortified flavoured (and most unfortified plain) rice drinks	Most fortified flavoured potato drinks and some fortified rice drinks Some unfortified soy drinks Water (flavoured or not) with artificial sweeteners or minimally sweetened Diet soft drinks and diet non-carbonated drinks Most unfortified plain soy or potato drinks	Water, plain Sparkling/carbonated water or water with added flavours (no added sugar and/or no artificial sweeteners) Soda water Fruit/mint flavoured unsweetened teas Caffeinated or decaffeinated tea or coffee Most fortified plain potato drinks (see “Milk Beverages” for <i>fortified</i> soy drinks)
Nutrition Criteria	ANY of the following: Size: more than 600 mL Calories: more than 300 Fat: more than 15g per 250 mL Trans fat: 0.2 g or more Sodium: more than 450 mg Sugars: more than 16 g per 250 mL Sugars: 8 – 16 g per 250 mL AND calcium is less than 5% DV (55 mg) per 250 mL	ANY item that passes the Not Recommended criteria AND has ANY of the following: Fat: 10 - 15 g fat per 250 mL Sodium: 200 - 450 mg Sugars: 8 - 16 g per 250 mL AND calcium is 5 - 20% DV (55- 220 mg) per 250 mL Sugars: 2-8 g per 250 mL AND calcium is less than 5% DV (55 mg) per 250 mL	ANY item that passes the Not Recommended and Choose Least criteria but does not pass the Choose Most criteria	ANY item that passes the Not Recommended and Choose Least AND: Sodium: 50 mg or less Sugars: no added sugar AND calcium is less than 20% DV (220mg) per 250 mL OR Sugars: up to 8 g per 250 mL AND calcium is more than 20% DV (220 mg) per 250 mL Does not contain artificial sweeteners
*Sport/electrolyte drinks are not recommended for routine sale. However, these drinks may be made available for adults participating in endurance or performance sports.				

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