

National Alliance for Nutrition and Activity Model Nutrition Standards for “Grab-and-Go” Foods and Beverages¹

Often, there is a lack of healthy options when eating away from home, particularly selections from vending machines and checkout aisles. Applying nutrition standards for foods and beverages in these “grab-and-go” venues can improve access to healthier options and support people’s ability to eat well.

These guidelines are an update of the 2012 NANA standards for municipal, state, and federal government leased or operated vending machines or vending machines on public property. They can also be used in private worksites, checkout aisles, concession stands, and other convenience-oriented food venues. In 2020 they were revised to reflect updates to the *Dietary Guidelines for Americans* and the current food and beverage marketplace. They are similar, though not identical, to the United States Department of Agriculture’s Smart Snacks guidelines for schools.

Beverage Standards:

- **100% of beverages must be one or a combination of the following:**
 - Water, including carbonated water (no added caloric sweeteners);
 - Coffee or tea with no added caloric sweeteners (if condiments are provided, sites may provide sugars and sugar substitutes and milk/creamer products that have less fat than cream, such as whole or 2% milk);
 - No more than 200 calories per container of fat-free dairy milk, 1% low-fat dairy milk, or calcium- and vitamin-D-fortified plant-based milks that contain at least 6 grams of protein per 8 oz;
 - 100% fruit/vegetable juice or juice combined with water or carbonated water (limited to a maximum of 12-ounce container; no added caloric sweeteners; and ≤ 200 milligrams of sodium per container); and
 - Low-calorie beverages that are ≤ 40 calories per container.

Food Standards:

Provide a variety of healthier foods with more fruits, vegetables, and whole grains and moderate amounts of saturated fat, added sugars, and sodium.

- **100% of snack foods and side dishes must meet all of the following criteria as offered (per package/container):**
 - No more than 200 calories;
 - Less than 10% calories from saturated fat (which would be no more than 2 grams of saturated fat for a 200 calorie snack, for example) with the exception of packages that contain 100% nuts or seeds; snack mixes that contain components

¹ Adapted from the NANA Model Beverage and Food Vending Machine Standards and the NANA Model Nutrition Standards for Checkout, with input from members of the NANA Steering Committee.

other than nuts and seeds must have no more than 10% of calories from saturated fat;

- No more than 10% of calories from added sugars and a maximum of 5 grams of added sugars, with the exception of yogurts that contain no more than 10 grams of added sugars per 5.3 oz container;
 - No more than 200 mg of sodium; and
 - One of the following must be listed as the first ingredient (or second ingredient after water):
 - Fruit or non-fried vegetable;
 - Fat-free/low-fat dairy or calcium- and vitamin D-fortified plant-based alternative;
 - Legumes, nuts, or seeds; or
 - Non-fried whole grain, with at least 50% of the grain ingredients being whole grain (indicated by the product having whole grain as the first ingredient, from the manufacturer, or if the product has a whole grain claim stating that at least 50% of the grains are whole grain).
 - Sugarless chewing gum can be sold without having to meet the above nutrition standards.
- **100% of entrée-type foods (e.g., sandwich, pizza, burger) must meet all of the following criteria per item as offered (per package/container):**
 - No more than 400 calories;
 - Less than 10% calories from saturated fat (which would be less than 4.5 grams saturated fat for a 400 calorie entrée-type item, for example);
 - No more than 10% of calories from added sugars and a maximum of 10 grams of added sugars;
 - No more than 480 mg of sodium; and
 - One of the following must be listed as the first ingredient (or second ingredient after water):
 - Fruit or non-fried vegetable;
 - Fat-free/low-fat dairy or calcium- and vitamin D-fortified plant-based alternative;
 - Lean protein food (e.g., fish, legumes, poultry); or
 - Non-fried whole grain, with at least 50% of the grain ingredients being whole grain (indicated by the product having whole grain as the first ingredient, from the manufacturer, or if the product has a whole grain claim stating that at least 50% of the grains are whole grain).