

University of California
Healthy Vending Policy
Guidelines 2024

Guidelines

UC Healthy Vending Guidelines:

1. General Standards
 - a. Healthier food items (snacks, entrées, and the entrée in a packaged meal) must have a fruit, vegetable, low-fat dairy, lean protein source (i.e. , nuts, seeds, beans, lean meats, seafood), or whole grain as its first ingredient. Corn, corn meal or corn flour can be the first ingredient. Corn syrup and corn starch should not be the first ingredient. Potato can be a first ingredient.
2. Healthier Beverages must meet these nutrition standards:
 - a. Water: no added sweeteners (caloric or non-caloric); includes still, carbonated, and mineral waters. Fruit juice may be added.
 - b. Miscellaneous beverages: This category includes sports drinks and low sugar sodas as well as other drinks that don't fit in other categories, cannot contain more than 40 calories per 8 fluid ounces. No more than 10% of daily value from added sugars.
 - c. Juice: 100% fruit or vegetable juice or juice blends, with no added sweeteners (caloric or non-caloric), carbonated or still; vegetable juices with no more than 230 milligrams of sodium
 - d. Juice beverages: 100% fruit or vegetable juice or juice blends diluted with water, with no added sweeteners (caloric or non-caloric), carbonated or still
 - e. Milk: no added sugar
 - f. Plant-derived or non-dairy milk (i.e. soy, rice, almond): no added sugar, Vitamin D and calcium fortified
 - g. Supplemental nutrition beverage: i.e., protein drink or nutrition shake; no added caloric sweeteners
 - h. Tea/Coffee/Energy Drinks: no added sugar, no added caffeine, only includes naturally occurring caffeine
3. Healthier Snacks must meet these nutrition standards per package:
 - a. No more than 250 calories
 - b. No more than 10% calories from saturated fat and no more than 3 grams of saturated fat
 - c. No *trans* fat
 - d. No more than 360 milligrams of sodium
 - e. No more than 10% of daily value from added sugars.

- f. The following are exempt from all requirements except sodium and added sugar requirements, as long as they do not contain added fat: Nuts, nut butters (such as peanut butter), seeds, legumes (beans), eggs, cheese, fruits/vegetables, and combinations of these items (i.e., a fruit and nut mix)
4. Healthier Entrées must meet these nutrition standards per package:
- a. No more than 400 calories
 - b. No more than 10% calories from saturated fat and no more than 5 grams of saturated fat
 - c. No *trans* fat
 - d. No more than 600 milligrams of sodium
 - e. No more than 10% of daily value from added sugars.
 - f. The following are exempt from all requirements: Fresh or non-processed entrees (such as a sandwich or salad), including entrees that are cooked or prepared on campus, in a commissary kitchen, or off-campus.
5. Healthier Meals must meet these nutrition standards per package:
- a. No more than 700 calories
 - b. No more than 10% calories from saturated fat and no more than 8 grams of saturated fat
 - c. No *trans* fat
 - d. No more than 1000 mg of sodium
 - e. No more than 10% of daily value from added sugars.
 - f. The following are exempt from all requirements: Fresh or non-processed meals, including meals that are cooked or prepared on campus, in a commissary kitchen, or off campus.