

HEALTHFUL SNACK AND BEVERAGE EXAMPLES FOR THE KING COUNTY HEALTHY VENDING GUIDELINES



WANT HEALTHFUL FOOD AND DRINK OPTIONS IN YOUR VENDING MACHINES?

The [King County Healthy Vending Guidelines](http://tinyurl.com/KingCoHVG) (HVG, <http://tinyurl.com/KingCoHVG>) promote nutrient rich whole foods such as fruits, vegetables, whole grains, and nuts and seeds. The HVG are based on the 2010 American Dietary Guidelines.

Childhood Obesity Prevention Coalition and Public Health - Seattle King County compiled a series of lists of example snacks and beverages that do and do not meet the HVG. These lists are provided as a resource for organizations and vending companies using the HVG and for those who want nutritious healthful snack and beverage options in their machines. Inclusion on the HVG lists is not an endorsement of any product.

SNACK AND BEVERAGE LISTS ATTACHED:	PAGE
1) Examples of snacks that meet the HVG	1
1b) Examples of beverages that meet the HVG	15
2) Exception snacks	16
- These are included in recognition that product availability has not quite caught up with the Healthy King County Vending Guidelines.	
- The exceptions are products that are whole grain rich or have as the first ingredient a fruit, a vegetable or a protein food and are not more than 10% over the threshold for sugar or total fat.	
- Exceptions will be reviewed by September 2014, to determine whether this category may be eliminated.	
3a) Examples of snacks that do not meet the HVG	17
- Examples of snacks that may meet FitPick standards and/or are made of natural ingredients, but do not meet the HVG*	
3b) Examples of beverages that do not meet the HVG	25
4a) Combined snack list - compilation of all snack examples	26
4b) Combined beverage list - compilation of all beverage examples	67

* See a comparison of FitPick (the vending industry standards), the HVG, and the USDA Smart Snack Standards in this [healthy vending comparison chart](http://tinyurl.com/CompareHVG) (<http://tinyurl.com/CompareHVG>). The USDA Smart Snack in Schools Standards will be implemented by July 2014 nationwide. Manufacturers are developing more available healthy snack and beverage products that will meet all of these standards.