

Comparison of Procurement Nutrition Standards for Vending Service and Institutional Feeding		
AHA Procurement Standards	GSA/HHS Health and Sustainability Guidelines	Vermont Standards
<b>Food</b>		
<b>Calories</b>		
≤700 calories	N/A	
<b>Sodium</b>		
<800 mg (preferably no more than 525mg)	≤900 mg sodium as served.	Offer one lower sodium entrée and/or meal and promote it.
<b>Trans Fats</b>		
<0.5 g and no products containing partially hydrogenated oils.	Zero grams trans fat.	All meal items are free of artificial trans-fat or partially hydrogenated oils.
<b>Saturated Fats</b>		
≤5g	Offer foods low in saturated fat.	
<b>Cholesterol</b>		
≤105 mg	N/A	
<b>Fruits and Vegetables</b>		
At least 2 servings (1-1.5 cups) of vegetables and or fruits.	Offer daily at least one raw, salad-type vegetable and at least one steamed, baked, or grilled vegetable seasoned, without fat or oil. All vegetable offerings must contain ≤230 mg sodium, as served. Mixed dishes containing vegetables must contain ≤480 mg sodium, as served. Offer a variety of seasonally available vegetables. All canned or frozen fruit must be packaged in 100% water or unsweetened juice, with no added sweeteners. Offer a variety of at least three whole or sliced fruits daily. Offer a variety of seasonally available fruits.	Offer daily at least one raw, salad-type vegetable and at least one steamed, baked or grilled vegetable seasoned without fat or oil. Offer a variety of at least two whole or sliced fruits daily.
<b>Vegetarian Dishes – Include</b>		
	At least twice per week, offer an entrée with a vegetarian protein source.	
<b>Fried Foods - Limit</b>		
	Deep-fried options must not be marketed or promoted as the special or feature of the day. Limit deep-fried entrée options to no more than one choice per day.	Limit deep-fried entrée options to no more than one choice per day.
<b>Whole Grains</b>		
	When cereal grains are offered (e.g., rice, bread, pasta), then a whole grain option must be offered for that item as the standard choice. All cereal, bread, and pasta offerings must contain ≤230 mg sodium per serving. At least 50% of breakfast cereals must contain at least 3g of fiber and less than 10g total sugars per serving.	Offer daily two whole grain rich options at any time during operation hours. Offer at least one whole grain rich option at all times.
<b>Lean Meats/Protein</b>		
	When protein entrees are offered, offer lean meat, poultry, fish, or low-fat vegetarian entrée choices. Canned or frozen tuna, seafood, and salmon must contain <290 mg sodium per serving, and canned meat <480 mg sodium per serving.	When protein-entrees are offered, offer lean meat, poultry, fish or low-fat vegetarian entrée choices.
<b>Beverages</b>		
<b>Percent Healthy</b>		
At least 50% of beverages must be water, 100% juice, milk, milk alternatives, and other acceptable beverages.	At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤40 calories/serving in both concessions and vending machines.	At least 50% of available beverage choices (other than 100% juice and unsweetened milk) must contain ≤40 calories/serving. For beverages with more than 40 calories/serving, only offer servings of 12 oz or less (excluding unsweetened milk and 100% juice).

<b>Water</b>		
Water (including sparkling, seltzer, or flavored). No more than 10 calories per serving.	Drinking water, preferably chilled tap, must be offered at no charge at all meal service events.	Have free water available and advertise its availability.
<b>100% Juice</b>		
100% fruit or vegetable juice (or juice and water) with no added sugars/sweeteners (except for non-nutritive sweeteners), and no more than 120 calories per 8 fl. oz. (preferred serving size), 150 calories per 10 fl. oz., or 180 calories per 12 fl. oz.	If juice is offered, only offer 100% juice with no added caloric sweeteners in concessions and vending. Vegetable juices must contain $\leq 230$ mg sodium per serving in concessions and vending.	If juice is offered, offer at least one 100% juice with no added caloric sweeteners. Vegetable juice must contain $\leq 230$ mg sodium per serving.
<b>Milk</b>		
Fat-free (skim) or low-fat (1%) milk and milk alternatives (soy, almond, etc.) – no more than 130 calories/8 fl. oz.	If milk is offered as a beverage, only offer 2%, 1%, and non-fat milk.	If milk is offered, only offer 2%, 1% and non-fat milk dairy-type products.
<b>Other Acceptable Beverages</b>		
$\leq 10$ calories per 8 oz. serving.	$\leq 40$ calories/serving.	$\leq 40$ calories/serving.
<b>Other</b>		
		Offer as a choice a non-dairy, calcium-fortified beverage (such as soy or almond beverage); these beverages must not provide more sugars than milk (thus be a 12 g/8 oz serving or less), provide the same amount or more of protein (at least 6 g/8 oz), calcium (250 mg/8 oz), and provide less than 5 g total fat (equivalent to 2% milk).