

Beverage and Snack Options that Meet NANA Vending Standards

Items listed below meet the National Alliance for Nutrition and Activity (NANA) vending machine standards. This list does not contain every product that meets the standards, but it offers a sense of what types of products could be placed in healthier vending machines. In addition to the products listed below, look for local and regional companies that offer products that meet these standards. The NANA standards and additional resources on healthier food choices for public places are at <http://www.cspinet.org/nutritionpolicy/foodstandards.html>.

Once you have identified qualifying products, hold taste tests and have employees vote for their favorite options. This will assist in determining the best options for your site. In addition, educate employees about why nutrition standards are being implemented to help ease the transition to healthier products.

Beverages

Bottled Water

Any bottled water with no added caloric sweeteners

Smart Water
Evian
Poland Springs
Fiji
Perrier
Volvic
Deer Park
Arrowhead Water
Vittel
Ayala's Herbal Water

Seltzer and Flavored Water

Seagrams' Seltzer (all flavors)
Amelia Sparkling Water (all flavors)
Polar Seltzer (all flavors)
Dasani Flavored Waters (all flavors)
Aquafina FlavorSplash (all flavors)
Vitamin Water Zero (all flavors)

100% Fruit Juice

Any 12 ounce 100% juice (look at % juice on food label)

Tropicana (all 100% juice)

Ocean Spray (all 100% juice)
Minute Maid (all 100% juice)
Veryfine (all 100% juice)
Welch's (all 100% juice)
Juicy Juice (all 100% juice)
Motts Apple Juice

100% Vegetable Juice

V-8 Low-Sodium 100% Vegetable Juice (11.5 oz.)
Campbell's Low-Sodium Tomato Juice (11.5 oz.)

Fat-Free & 1% Low-Fat Milk & Soy Milks

Any unflavored or flavored fat-free or 1% low-fat milk with less than 200 calories per container

Garelick Farms TruMoo Fat-free, up to 12 oz. (Chocolate, Coffee, Strawberry, and Vanilla)
Nesquik No Sugar Added Chocolate Low-fat and Low-fat Chocolate (8 oz.)
Silk Soymilk Very Vanilla and Chocolate (8 oz.)
Soy Dream Soymilk Enriched, Chocolate Enriched, Vanilla Enriched (8 oz.)

Smoothies

Lifeway Low-fat Kefir (8 oz.)
Stonyfield Farm Organic Super Smoothie (6 oz.)
DanActive Smoothies (3.1 oz.)

Juice Drinks

Drinks that contain 40 calorie or less per container

Country Time Light Lemonade
Sunkist Diet Sparkling Lemonade
Tropicana (Light Lemonade, Light Fruit Punch, and Light Berry Blend)
Hawaiian Punch Fruit Juicy Red Light
V8 Splash (Diet Berry Blend and Diet Tropical Blend)
Minute Maid Light Lemonade
Snapple (Diet Noni Berry and Diet Cranberry Raspberry)
SoBe (B-Energy Strawberry Apricot, Lean Fuji Apple Cranberry, Lean Raspberry Lemonade, and B-Energy Black Cherry Dragonfruit)
Ocean Spray (Diet Sparkling Cranberry, Diet Blueberry, and Diet Cran-Pomegranate)

Teas

Drinks that contain 40 calorie or less per container

Snapple (Diet Peach Tea, Diet Plum-a-Granate Tea, and Trop-A-Rocka Tea)
Nestea (Diet Sweetened Lemon Ice Tea and Diet Green Tea)
Brisk No Calorie Lemon Iced Tea
Lipton (White Tea with Raspberry, Diet Green Tea with Watermelon, and Green Tea with Mixed Berry)

Hot Coffee and Tea, Vending

Unsweetened coffee and tea, if condiments are provided milk/creamer must contain less fat than cream, like whole or 2% milk

Sports Drinks

Drinks that contain 40 calorie or less per container

Propel Zero (all flavors)
Gatorade G2 (all flavors)
Powerade Zero (all flavors)

Low-Calorie Soda

Drinks that contain 40 calorie or less per container

Diet Coke (also Lime and Vanilla)
Coke Zero
Sprite Zero
Fresca
Diet Mellow Yellow
Diet Dr. Pepper (also Cherry Vanilla)
Dr. Pepper 10
Diet Sunkist
Diet Sun Drop
Diet 7-Up
Diet Pepsi (also Lime, Vanilla, and Wild Cherry)
Pepsi Max
Diet Sierra Mist (also Cranberry Splash and Ruby Splash)
Diet Mug Root Beer
Diet Mug Cream Soda
Diet Mountain Dew (also Code Red)
Diet A&W Rootbeer
Diet Stewarts Rootbeer
Diet Stewarts Orange and Cream
Schweppes Diet Ginger Ale

Snacks

FRESH FRUIT AND VEGETABLES

Many varieties of fresh fruit and vegetables work well in refrigerated vending machines.

Examples include:

Apples (whole or sliced in packages)
Oranges (whole or sliced in packages)
Cut up fruit (melon, pineapple)
Berries

Grapes
Baby Carrots
Celery Sticks
Grape or Cherry Tomatoes

FRUIT CUPS

Fruit cups in single-serve cups with less than 200 calories

Del Monte

Diced Peaches, no sugar added
Diced Pears, no sugar added
Mixed Fruit, no sugar added
Mandarin Oranges, no sugar added
Pineapple Tidbits in 100% Juice

Dole

Cherry Mixed Fruit in 100% Juice
Diced Peaches in 100% Juice
Mixed Fruit in Sugar Free Cherry Gel
Mandarin Oranges in 100% Juice
Mixed Fruit in 100% Juice
Peaches in 100% Juice
Tropical Fruit in 100% Juice
Red Grapefruit Sunrise
Frozen Fruit Cups (Blueberry, Pineapple, and Sliced Strawberry)

Schwann's

Fruit to Go Cup

APPLESAUCE

Applesauce in single-serve pack with less than 200 calories

Matern

Go-Go Squeeze Applesauce on the Go (Apple Banana, Apple Cinnamon, Apple Peach, Apple Strawberry, Apple)

Musselman's

Natural
Totally Fruit Applesauce (Peach and Strawberry)

Motts

Natural

FRUIT SNACKS

Fruit snacks in single-serve packs with less than 200 calories and made from 100% fruit

Stretch Island

Fruit Leather (Orchard Cherry, Abundant Apricot, Harvest Grape, Autumn Apple, Ripened Raspberry, Mango Sunrise, and Summer Strawberry)

DRIED FRUIT

Dried fruit in single-serve packs with less than 200 calories and no added sugars

Brothers-All-Natural

Fruit Crisps (Strawberry Banana, Fuji Apple, Asian Pear, Strawberry, Banana, Peach, Pineapple, Apple Cinnamon, Mixed Berry, and Mandarin Orange)

Sun-Maid

Raisins
Apricots
Pitted Plums
Fruit Bits
Apples
Mixed Fruit
Tropical Trio
Goldens (raisins) and Cherries

Azar Nut Co.

Raisins

Crispy Green

Crispy Fruit (Apple, Asian Pear, Banana, Mango, and Pineapple)

Crunchies Food Company

Freeze Dried Fruit (Cinnamon Apple, Mango, Mixed Fruit, Pear, and Pineapple)

Funky Monkey Fruit That Crunches

Freeze Dried Fruit (Applemon, Bananamon, Carnival Mix, Jivealime, MangoJ, Pink Pineapple, and Purple Funk)

Bare Fruit

Apple Chips (Cinnamon Apple, Fuji Red, and Granny Smith)

FROZEN FRUIT OR DAIRY BARS

Dole

Banana Dippers (Dark Chocolate with and without almonds)

Edy's/Dreyer's

100% Fruit Bars (Strawberry, Tangerine, and Raspberry)

Schwann's

Crème Bars

YOGURT

Yogurts listed are 6 oz. servings or less

Dannon

Light N' Fit (all flavors)

Oikos 0% Greek (all flavors)

Light & Fit 60 Calorie Packs (all flavors)

Activia Light (all flavors)

Yoplait

Light (all flavors)

Light with Fiber (all flavors)

Light Thick & Creamy (all flavors)

Greek 100 (all flavors)

Breyers

Light (all flavors)

Stonyfield

0% Fat, Smooth and Creamy (all flavors)

0% Fat, Fruit on the Bottom (all flavors)

Oikos 0% Greek (all flavors)

Low-fat, Smooth and Creamy (except Peach)

Low-fat, Smooth and Creamy (except Mango Honey)

Wallaby

Non-fat (all flavors)

Low-fat (only Key Lime and Vanilla Bean)

Low-fat Down Under (only Passion Peach)

Fage

Total 0% (except Honey)

Siggi's

Non-fat (all flavors)

Chobani

0% (all flavors)

NUTS/SEEDS

Nuts and seeds are 1 oz., unless otherwise noted

Blue Diamond

Almonds 100 Calorie Pack (Lightly Salted, Whole Natural, Cinnamon Brown Sugar, Dark

Chocolate, Sea Salt, and Wasabi and Soy Sauce)

Emerald Nuts

Almond 100 Calorie Packs (Dry Roasted, Cocoa Roasted, and Natural)

Planters Peanuts

Dry Roasted

Honey Roasted

Salted

David

David in Shell Original Sunflower Seeds (Original, Bar-B-Q, and Ranch, 1.75 oz.)

Azar Nut Co.

Peanuts (Roasted, Salted)

Pumpkin Seeds (Ranch)

Sunflower Kernels (Honey Roasted or Roasted and Salted)

Sunrich Natural

Chili Limon Pepitas Pumpkin Seeds

Blaze-In' Hot Sunflower Kernels

Lightly Salted Pepitas Pumpkin Seeds

Lightly Salted Sunflower Kernels

Kar's Nuts

Roasted, Salted Cashews

Salted Almonds

Salted Peanuts

Sunflower Kernels

Mr. Nature

Salted Almonds

Salted Cashews

Salted Peanuts

GRANOLA BARS**Quaker Chewy**

Chocolate Chip

Chocolate Swirl

Peanut Butter Chocolate Chip

TLC Chewy Granola Bars

Honey Almond Flax

Chewy Trail Mix

Cherry Dark Chocolate

Dark Mocha Almond

Peanut Butter

TLC Crunchy Granola Bars

Honey Toasted 7-Grain
 Pumpkin Spice Flax
 Roasted Almond Crunch

CEREAL BARS**General Mills Cereal Pouches**

Cinnamon Toast Crunch On-The-Go Pouch
 Cinnamon Toast Crunch Crisps
 Cocoa Puffs Cereal On-The-Go Pouch - Reduced Sugar

Corazonas Foods

Corazonas All Natural Oatmeal Squares (Banana Walnut, Blueberry, Chocolate Brownie Almonds, Chocolate Chip, Cranberry Flax, and Peanut Butter)

GUM

Any sugar-free gum
 Trident (sugar-free)
 Stride (sugar-free)
 Orbit (sugar-free)
 Eclipse (sugar-free)
 Extra (sugar-free)

COOKIES**Otis Spunkmeyer**

Delicious Essential Reduced Fat 51% Whole Grain Cookies, 1.5 oz. or less (Carnival, Chocolate Brownie, Chocolate Chip, Oatmeal Raisin, and Sugar)

Readi-Bake

1.2 oz. or less
 51% Whole Grain ABC Graham Crackers
 51% Whole Grain Dots Graham Crackers
 51% Whole Grain Sports Graham Crackers

CHIPS

1 oz., unless otherwise noted
 Baked! Lays Potato Crisps (Original, BBQ, Sour Cream and Onion, and Southwestern Ranch)
 Baked! Doritos Nacho Cheese
 Baked! Tostitos Scoops!
 Doritos Reduced Fat (Cool Ranch, Spicy Sweet Chili, and Nacho Cheese)
 Soy Crisps Apple Cinnamon Crunch
 Michael Season's Baked Potato Crisps (Sweet Barbeque)
 Popchips 0.8 oz bags (Barbeque, Cheddar, Jalapeno, Original, Parmesan Garlic, Salt & Pepper, Sea Salt & Vinegar, and Sour Cream & Onion)
 Baked Wise Original
 Dr Sears Whole Grain Popumz (BBQ, Ranch, and Cheddar)
 Glennys's Whole Wheat Popped Crispy Chips (Sea Salt)

CRACKERS

1 oz. unless otherwise noted
 Wheat Thins Multigrain
 Wheat Thins Hint of Salt
 Wheat Thins 100-Calorie Pack

POPCORN

1 oz. or less
 Jonny Rapp's (Lite White Cheddar Popcorn and Lite White Popcorn)
 Mini Pops Air Popped Sorghum Grain (Baby White Cheddar, Itty Bitty Butter, Subatomic Sea Salt)
 Herr's Light Popcorn
 Wise Reduced Fat Butter

For more information, contact Katie Bishop, M.S., M.P.H. at 1220 L Street, NW, Suite 300, Washington, D.C. 20005, Phone: 202-777-8351, E-mail: kbishop@cspinet.org