

# Nutrition Environment Measures Survey-Vending (NEMS-V) Rationale for Vending Measures Criteria

Listed below is an explanation as to the rationale for each of the categories on the vending survey.

| Topic                         | Basis for Criteria  |
|-------------------------------|---|
| <b>Standards for criteria</b> | <p>The environment in which children live influences, and in some cases determines, food choices and physical activity behaviors. Though the Child Nutrition and WIC Reauthorization Act, passed in 2004, Congress directed the CDC to undertake a study with the Institute of Medicine (IOM) to review and make recommendations about appropriate nutritional stands for the availability, sale, content and consumption of foods at school, with attention on competitive foods. The Institute of Medicine (IOM) has established voluntary guidelines to help schools identify and provide more appropriate food and beverage option for student and school staff. These standards apply to vending machines and are used for the basis of the criteria for the vending machine survey. Because of the importance of a supportive nutrition environment outside of the school day and role modeling by parents, caregivers and community, we chose these recommendations for all vending locations.</p> <p>Nutrition Environments Measures Survey (NEMS) restaurant criteria was used for entrées, burgers and sandwiches, main dish salads, salads and sides. To view this criteria and rationale, visit <a href="http://www.med.upenn.edu/nems/measures.shtml#">http://www.med.upenn.edu/nems/measures.shtml#</a> .</p>   |
| <b>“Green” foods</b>          | <p>Foods in this category are considered Tier 1 foods according to the IOM guidelines and are consistent with the 2005 Dietary Guidelines for Americans. Tier 1 foods and beverages provide at least one serving of fruit, vegetables and/or whole grains, or non-fat/low-fat dairy products and are foods to be encouraged.</p> <p>Tier 1 beverages are:</p> <ul style="list-style-type: none"> <li>• Water without flavoring, additives, or carbonation.</li> <li>• Low-fat (1%) and nonfat (in 8 oz. portions):             <ul style="list-style-type: none"> <li>○ Lactose-free and soy beverages are included</li> <li>○ Flavored milk with no more than 22 g of total sugars per 8-oz. portion</li> </ul> </li> <li>• 100-percent fruit juice in 4-oz. portion as packaged for elementary/middle school and 8 oz. (two portions) for high school.</li> <li>• Caffeine-free, with the exception of trace amounts of naturally occurring caffeine substances.</li> </ul> <p>Tier 1 foods are fruits, vegetables, whole grains, and related combination products and nonfat and low-fat dairy that are limited to 200 calories or less per portion as packaged and:</p> <ul style="list-style-type: none"> <li>• No more than 35 percent of total calories from fat</li> <li>• Less than 10 percent of total calories from saturated fats</li> <li>• Zero trans fat (less than or equal to 0.5 g per serving)</li> <li>• 35 percent or less of calories from total sugars, except for yogurt with no more than 30 g of total sugars, per 8-oz. portion as packaged</li> <li>• Sodium content of 200 mg or less per portion as packaged (we chose to follow the recommendation of the Nutrition Advisory Committee of Iowa’s Healthy Kids Act (2008) using 400 mg (600 mg for entrée) or less per portion as packaged to begin with and then transitioning to 200 mg (480 mg for entrée) due to market limitations. An inventory of 1200 snacks and beverages found only 8 snack items meeting the 200 mg sodium guideline. For industry to respond, develop, and inventory lower sodium products will take time; thus the phase-in approach.<sup>1,2</sup></li> </ul> |
| <b>“Yellow” foods</b>         | <p>Food and beverages in this category fall short of meeting IOM Tier 1 criteria, but they do not fall outside the Dietary Guidelines for Americans, and so are allowed, but only in specific circumstances.</p> <p>Tier 2 beverages are:</p> <ul style="list-style-type: none"> <li>• Non-caffeinated, non-fortified beverages with less than 5 calories per portion as packaged (with or without nonnutritive sweeteners, carbonation, or flavoring).</li> </ul>  |

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|  | <p>Tier 2 snack foods are those that do not exceed 200 calories per portion as packaged and:</p> <ul style="list-style-type: none"> <li>• No more than 35 percent of total calories from fat</li> <li>• Less than 10 percent of total calories from saturated fats</li> <li>• Zero trans fat (less than or equal to 0.5 g per portion)</li> <li>• 35 percent or less of calories from total sugars</li> <li>• Sodium content of 200 mg or less per portion as packaged (we chose to follow the recommendation of the Nutrition Advisory Committee of Iowa's Healthy Kids Act (2008) using 400 mg (600 mg for entrée) or less per portion as packaged to begin with and then transitioning to 200 mg (480 mg for entrée) due to market limitations. An inventory of 1200 snacks and beverages found only 8 snack items meeting the 200 mg sodium guideline. For industry to respond, develop, and inventory lower sodium products will take time; thus the phase-in approach.<sup>1,2</sup></li> </ul> |
| <b>“Red” foods</b>                           | Food and beverages in this category do not meet either IOM Tier 1 or Tier 2 criteria and fall outside the Dietary Guidelines for Americans.   |
| <b>Specific foods within each color code</b> | See food reference list which identifies specific foods, item categories, package sizes, color codes, and website links to the nutrition facts label.   |

<sup>1</sup>Healthy Kids Act Nutrition Advisory Committee Report, 2008

<sup>2</sup>Nutrition Environment Measurement Study, 2006 (for entrées)

