

# Understanding the GSA/HHS Health and Sustainability Guidelines

## Food Vending Options

To meet the U.S. General Services Administration/U.S. Department of Health and Human Services Health and Sustainability Guidelines, all items must meet sodium and trans fat standards, and 25% of food items must meet calorie, saturated fat, trans fat, sodium, and sugar standards.

<b>Nutrition Facts</b>	
Serving Size 1.5 oz (about 42g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 200	Calories from Fat 72
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 230mg	9%
<b>Total Carbohydrate</b> 30g	10%
Dietary Fiber 1g	4%
Sugars 4g	
<b>Protein</b> 2g	
Vitamin A 10%	• Vitamin C 0%
Calcium 10%	• Iron 6%

At least 25% of items are limited to 200 calories or less\*

At least 25% of items are limited to 10% of calories from saturated fat\*\*

At least 25% of items are limited to 35% of weight from sugars\*\*\*

All items must be 0 grams trans fat

All items are limited to 230mg of sodium or less

\* Excluding nuts and seeds without added fats, oils, or caloric sweeteners.

\*\*Any item with 180 to 200 calories can have up to 2g saturated fat, items with 135 to 175 calories can have up to 1.5g saturated fat, items with 90 to 130 calories can have up to 1g saturated fat, items with 45 to 85 calories can have up to 0.5g saturated fat, and items with less than 40 calories must have 0g saturated fat.

\*\*\*Excluding fruits or vegetables with no added caloric sweeteners. The weight of the item can be found in grams at the top of the nutrition facts panel, in this case 42g. The sugars can be found in grams under the Total Carbohydrate category, in this example 4g. To calculate the percentage of weight that comes from sugars, divide 4g by 42g,  $4 \div 42 = .095 = 9.5\%$ . Anything up to 35% meets the standard.

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## Beverage Vending Options

To meet the U.S. General Services Administration/U.S. Department of Health and Human Services Health and Sustainability Guidelines:

- Offer as many milk and 100% juice options as would work in the location.
  - If milk is offered, only offer 2%, 1%, and fat-free milk.
  - If juice is offered, offer at least one 100% juice with no added caloric sweeteners.
  - Vegetable juice must contain less than 230 mg of sodium per serving.
- Of the remaining options, at least 50% must contain less than 40 calories per serving.

### Sample Healthier Beverage Options

Water  
Seltzer Water  
Flavored Unsweetened Water  
Unsweetened or Diet Iced Tea  
Diet Iced Tea  
Diet Soda  
Diet Sports Drinks  
Diet Juice Drinks  
100% Juice Diluted with Water

### Sample Healthier Food Options

Fruit Cups  
Dried Fruit  
Vegetables and Hummus  
Nuts  
Trail Mix  
Granola Bars  
Popcorn  
Whole-Grain Crackers  
Baked Whole-Grain Pita Chips  
Baked Chips  
Veggie Chips  
Cereal Bars  
Yogurt