Nutrition Environment Measures Survey-Vending (NEMS-V)
Food and Beverage Coding Summary

Category	Green Foods	Yellow Foods	Red Foods
Beverages	• plain water without flavoring, additives, or carbonation • <12 oz. 100% fruit or vegetable juice with < 230 mg sodium per 8 oz. serving; • < 12oz. fat free, 1% or 2 % unsweetened milk with < 3 gm sat fat, < 38% calories from fat and < 13 gm sugar per 8 oz. serving	• greater than 12 oz. 100% juice fruit or vegetable juice with between 230 and 400 mg sodium per 8 oz. serving; • > 12 oz. fat free, 1% or 2 % unsweetened milk; fat free, 1% or 2 % flavored milk with < 3 gm sat fat per 8 oz. , < 38% calories from fat and > 13 gm sugar per 8 oz. serving and/or with artificial sweeteners; • any other caloric or non-caloric sweetened beverage with < 40 calories and between 230 and 400 mg sodium per 8 oz. serving	• unsweetened or sweetened milk with > 3 gm sat fat, > 38% calories from fat and > 13 gm sugar per 8 oz. serving; • any beverage with > 40 calories per 8 oz. serving; • any beverage with >400 mg sodium per 8 oz. serving
Fruits and Vegetables	• whole or slice fruits (apples or pear slices) • fruit cups packed in juice or water • dried or dehydrated fruit (raisins, apricots, cherries, and bananas) • vegetables (baby carrots, celery or pepper sticks)	• vegetables and fruits with dip • when information about **added sugars** is available, the standard is no more than 35% of total weight	• desserts that contain less than ½ cup fruit or vegetable • when information about **added sugars** is available, the standard is more than 35% of total weight

*Refrigerator or Frozen	• 2%, 1% or fat-free yogurt with no added caloric or non-caloric sweeteners or yogurts labeled as reduced or less sugar according to FDA labeling standards (less than or equal to 16 grams sugar per 6	• 2%, 1% or fat-free yogurt with added caloric or non-caloric sweeteners (greater than 16 grams sugar per 6 oz.; less than or equal to 2 gm saturated fat per 6 oz.)
		• entrées, burgers, sandwiches that do
			• regular yogurt
			• entrées
			  ✓ > 800 calories
			  ✓ > 30% calories from fat
			  ✓ > 10% of calories from saturated fat

August 2014

oz.; less than or equal to 2 gm saturated fat per 6 oz.)
• entrée that provides at least one serving of fruit, vegetables and/or whole grains, lean protein (egg whites/egg substitutes; baked, broiled, or grilled fish; fish canned in water; chicken/turkey without skin; beans/lentils; tofu or edaname; vegetable or bean burger such as black bean burger) or non-fat/low-fat dairy products and meets the following criteria*
  ✓ ≤ 800 calories
  ✓ ≤ 30% calories from fat
  ✓ If saturated fat data are available, then check to see if the items that meet the total fat criterion also have ≤ 10% of calories from saturated fat
  ✓ ≤ 480 mg/serving sodium
• burger or sandwich that provides at least one serving of fruit, vegetables and/or whole grains, or non-fat/low-fat dairy products and meets the following criteria:
  ✓ ≤ 650 calories
  ✓ ≤ 30% calories from fat
  ✓ ≤ 10% of calories from saturated fat
  ✓ ≤ 480 mg/serving sodium
• Side salad or other side that provides at least one serving of fruit, vegetables and/or whole
	not provide at least one serving of fruit, vegetables and/or whole grains, lean protein (egg whites/egg substitutes; baked, broiled, or grilled fish; fish canned in water; chicken/turkey without skin; beans/lentils; tofu or edaname; vegetable or bean burger such as black bean burger) or non-fat/low-fat dairy products but meet the calorie criteria*
	  ✓ ≤ 800 calories (entrees)
	  ✓ ≤ 650 calories (sandwiches, burgers)
	  ✓ ≤ 30% calories from fat
	  ✓ If saturated fat data are available, then check to see if the items that meet the total fat criterion also have ≤ 10% of calories from saturated fat
	  ✓ >480 ≤ 600 mg/serving sodium
	• sandwiches and main-dish salads - if no nutrient information is available and ingredients are known which meet the following criteria:
	  ✓ grilled, char grilled or charbroiled chicken breast (except mayonnaise-based), grilled fish or seafood (except mayonnaise-based), turkey breast, roast beef or ham
	  ✓ ≤ two high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy)
		✓ > 600 mg per serving sodium
		• burgers and sandwiches
		  ✓ > 650 calories
		  ✓ > 30% calories from fat
		  ✓ > 10% of calories from saturated fat
		• main dish salads
		  ✓ mayonnaise-based salads such as tuna salad, chicken salad
		  ✓ Caesar salad
		  ✓ salad topped with fried chicken or other fried meat
		  ✓ salad in a fried shell (e.g., taco salad)
		  ✓ ≥ 3 high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami, bologna, pastrami, corned beef or other high-fat lunch meat, sour cream
		  ✓ regular dressing
		• side salads or other sides
		  ✓ ≥ 3 high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami,

	grains, or non-fat/low-fat dairy products and provides $\leq$ 230 mg/serving sodium	noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami, bologna, pastrami, corned beef or other high-fat lunch meat, sour cream ✓ low-fat or fat-free dressing (for salad) • Side salads or other sides with >230 and $\leq$ 400 mg sodium • Side salads or other sides - if no nutrient information is available and ingredients are known which meet the following criteria: ✓ < two high-fat ingredients (avocado or guacamole, bacon cheese, croutons, fried (crispy) noodles, tortilla strips (or similar fried garnishes), nuts olives, pesto, sausage or pepperoni, salami, bologna, pastrami, corned beef or other high-fat lunch meat, sour cream ✓ low-fat or fat-free dressing	bologna, pastrami, corned beef or other high-fat lunch meat, sour cream ✓ regular dressing ✓ > 400 mg/serving sodium
Salty snack	• $\leq$ 200 calories per portion as packaged (excluding nuts and seeds without added fats, oils, or caloric sweeteners) • $\leq$ 230 mg sodium per portion as packaged • no more than 35% of total weight from sugar • no more than 35% of calories from total fat; <10% of total calories	• $\leq$ 200 calories per portion as packaged (excluding nuts and seeds without added fats, oils, or caloric sweeteners) • > 230 $\leq$ 400 mg sodium per portion as packaged • no more than 35% of total weight from sugar • no more than 35% of calories from total fat; <10% of total calories from	• >200 calories per portion as packaged • > 400 mg sodium per portion as packaged • > 35% of total weight from sugar • >35% of calories from total fat; $\geq$10% of total calories from saturated fat; > zero trans fat

August 2014

	from saturated fat; zero trans fat packaged (excluding nuts and seeds without added fats, oils, or caloric sweeteners) • Salty snack that meets above criteria and provides at least one serving of fruit, vegetables and/or whole grains (16 gm), or non-fat/low-fat dairy products and provides $\leq$ 230 mg/serving sodium • 100% nuts and seeds without added fats, oil or caloric sweeteners and contains $\leq$ 230 mg sodium per serving	saturated fat; zero trans fat (excluding nuts and seeds without added fats, oils, or caloric sweeteners) • 100% nuts and seeds without added fats, oil or caloric sweeteners and that contain > 230 $\leq$ 400 mg sodium per serving nuts and seeds	
Sweet snacks; pastries; candy	• $\leq$ 200 calories per portion as packaged • $\leq$ 230 mg sodium per portion as packaged*** • no more than 35% of total weight from sugar • no more than 35% of calories from total fat; <10% of total calories from saturated fat; zero trans fat • Sweet snack that meets above criteria and provides at least one serving of fruit, vegetables and/or whole grains (16 gm), or non-fat/low-fat dairy products	• $\leq$ 200 calories per portion as packaged • > 230 $\leq$ 400 mg sodium per portion as packaged • no more than 35% of total weight from sugar • no more than 35% of calories from total fat; <10% of total calories from saturated fat; zero trans fat	• >200 calories per portion as packaged • > 400 mg sodium per portion as packaged • > 35% of calories from total sugar • >35% of calories from total fat; $\geq$10% of total calories from saturated fat; > zero trans fat

*Nutrition Environments Measures Survey (NEMS) restaurant criteria was used for entrées, burgers and sandwiches, main dish salads, salads and sides (with the exception of sodium guidelines). To view this criteria and rationale, visit http://www.med.upenn.edu/nems/measures.shtml#

Criteria are based on Health and Sustainability Guidelines for Federal Concessions and Vending Operations (April, 2012) and are consistent with the 2010 Dietary Guidelines for Americans.

Yellow criteria for sodium (between 230 mg and 400 mg per portion as packaged) is the transition range from earlier criteria when standards were modified for Iowa's Healthy Kids Act (2008)

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IDPH
Iowa Department of Public Health