

# GOOD FOOD, HEALTHY HOSPITALS

## Standard for Vending



Healthy vending guidelines promote healthy choices for hospital patients, staff and visitors. The vending standard is applied to beverages and foods dispensed by machines. At least 65% of snacks offered per machine must meet healthier or healthiest snack criteria. At least one high fiber snack is offered.

### HEALTHIER SNACK CRITERIA

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- **250 calories or less** per package, excluding nuts and seeds
- **7 grams or less total fat** per serving, excluding snacks containing nuts and/or seeds
- **1 gram saturated fat** or less per serving
- **230 mg sodium** or less per serving
- **18 grams sugar or less** per serving. Snacks containing only fresh fruits or vegetables, dried fruits or vegetables, or fruit packed in its own juice or water may exceed 18 grams of sugar per serving
- **“0 grams” trans fat** and no partially hydrogenated oils in ingredient list
- No gum or candy

### HEALTHIEST SNACK CRITERIA

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- A **whole, unrefined food** or food that contains 100% whole, unrefined food ingredients, e.g. vegetables, fruit, nuts, seeds, whole grains, dairy, eggs, seafood and meat
- No or low sodium, **230 mg sodium or less** per serving
- No artificial additives
- Fresh, dehydrated, processed or prepared in a manner that **maintains its natural state**
- Ideally **local and/or sustainable** food or food ingredients

### HIGH FIBER SNACK CRITERIA

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- At least **5 grams fiber** per serving and meets the above definition for healthier or healthiest snack



Pennsylvania  
Department of Health



Department of  
Public Health  
CITY OF PHILADELPHIA