

New York City Food Standards: Food Vending Machines Self-assessment Tool

Self-assessment Template

Item Information		Nutrition Criteria Per Package						Ingredient Information		
Item and brand name	Package size in ounces (oz) or grams (g)	Does this item contain less than or equal to (\leq) 200 calories?*	Does this item contain \leq 2 g of saturated fat?†	Does this item contain 0 g of trans fat?	Does this item contain \leq 200 milligrams (mg) of sodium?	Does this item contain $<$ 5 g of added sugar?	Does this item contain greater than or equal to (\geq) 2 g of fiber?‡	Does this item list a grain, potato or flour as the first ingredient?	Does this item list whole or minimally processed fruit, vegetables, beans, lentils, peas, nuts or seeds as the first ingredient?	Is this item free of low-calorie and no-calorie sweeteners?

*Snacks that contain only nuts, nut butter or seeds may contain \leq 250 calories.
†Cheese and snacks that contain only nuts, nut butter or seeds are exempt.
‡Only grain- or potato-based snacks must contain \geq 2 g of fiber.

Item Information		Nutrition Criteria Per Package						Ingredient Information		
Item and brand name	Package size in oz or g	Does this item contain ≤ 200 calories?*	Does this item contain ≤ 2 g of saturated fat?†	Does this item contain 0 g of trans fat?	Does this item contain ≤ 200 mg of sodium?	Does this item contain < 5 g of added sugar?	Does this item contain ≥ 2 g of fiber?‡	Does this item list a grain, potato or flour as the first ingredient?	Does this item list whole or minimally processed fruit, vegetables, beans, lentils, peas, nuts or seeds as the first ingredient?	Is this item free of low-calorie and no-calorie sweeteners?

*Snacks that contain only nuts, nut butter or seeds may contain ≤ 250 calories.

†Cheese and snacks that contain only nuts, nut butter or seeds are exempt.

‡Only grain- or potato-based snacks must contain ≥ 2 g of fiber.