Is the food or beverage a SINGLE INGREDIENT\(^1\) that meets one of the following criteria?
- Water (including carbonated water)
- Fruit or vegetable (fresh, dried, frozen, canned, 100% juice)
- 100% whole grain food (e.g., rolled oats, barley, popcorn, quinoa)
- Low-fat (1%) or nonfat milk or yogurt
- Meat or meat alternative – includes eggs, seafoods, legumes; poultry or meat with ≤1.3 g saturated fat/1 oz. serving
- Oil (with ≤15% of total Kcal from saturated fat) or nut/seed (including spreads)

Item is healthier → Yes  
No → Item is not a healthier product

Is the food or beverage a single ingredient (that did not meet the criteria above) or a PRODUCT containing 2 or more ingredients that meets all of the following criteria per serving?
- Trans Fat: 0 g trans fat
- Saturated Fat\(^2\): <10% of total Kcal OR (PUFAs + MUFAs)/SFA = ≥2.5\(^3\)
- Sodium\(^4\): ≤1.2 mg/1 Kcal
- Total Sugar: ≤35% of calories from total sugars and a maximum of no more than 10 grams of total sugars\(^5\)

Yes → Item is not a healthier product
No → Item is healthier product

Is the food or beverage PRODUCT\(^6\):
- A grain product that contains 50% or more whole grains by weight or have whole grains as the first ingredient; or
- A product that has as the first ingredient one of the non-grain main food groups:
  - Fruits
  - Vegetables
  - Dairy
  - Protein food (meat, beans, poultry, seafood, eggs, nuts, seeds, etc.)
- A soy beverage or flavored nonfat or low-fat milk with no more than 130 calories per 8 ounces

Item is a healthier product\(^10\) → Yes
No → Item is not a healthier product

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1. May be a combination of single-ingredient items (e.g., blueberries and raspberries). The following are not considered ingredients: water (free of nutritive/non-nutritive sweeteners, natural or artificial preservatives/flavors/colors, stimulant/depressants, and calories), enzymes, probiotics and added vitamins and minerals.
2. Reduced fat cheese and part skim mozzarella and nuts/seeds (including spreads) are exempt from the saturated fat criterion, \(7\) CFR \(210.11\). Does apply to products that contain cheese, nuts/seeds (including spreads) as an ingredient.
4. Dairy products may have ≤3mg sodium/1 Kcal; increase to 3 mg does not apply to products that use dairy as an ingredient. 100% fruit or vegetable juice with no caloric sweeteners, and no more than 140 mg of sodium per portion are exempt from the sodium criterion.
5. NANA Model Beverage and Food Vending Machine Standards. Fresh, frozen and canned vegetables with no added ingredients except water, or which are packed in 100% juice are exempt from the total sugar criterion. Low-fat and non-fat yogurt are exempt from the total sugar criterion, but must contain no more than 23 grams of total sugars per 6-oz. portion as packaged per IQM Yogurt Standards.
6. Low calorie condiments (≤40 Kcal per serving), gums and mints (≤10 Kcal per serving) and low calorie beverages (≤40 Kcal per container) do not need to meet the first ingredient general standard.