Snack Standards

1. Require snacks meet all of the following criteria, per package:
   - Calories: no more than 200 calories
   - Total fat: no more than 7 grams
     - Nuts, seeds, nut butters and cheese are exempt
     - Products containing nuts or nut butters are exempt
   - Saturated fat: no more than 2 grams
     - Nuts, seeds, nut butters and cheese are exempt
   - Trans fat: 0 grams trans fat
   - Sodium: no more than 200 mg
     - Cottage cheese: no more than 400 mg
   - Sugar: no more than 10 grams
     - Fruit and vegetable products with no added sugar are exempt
     - Yogurt: no more than 30 grams sugar per 8 ounces
   - Fiber: contain at least 2 grams of fiber, if product is grain/potato-based (e.g. granola bars, crackers, pretzels, cookies, chips)

2. Require calorie information is posted for each food item, as packaged. Required for City agencies only.

3. For programs serving children age 18 and under: products cannot contain artificial flavors, artificial colors, artificial sweeteners, or other non-nutritive sweeteners (e.g. stevia, erythritol).

4. Recommend limit grain/potato-based snacks to no more than 50% of food items in machine.

For more information, please contact: nycfoodstandards@health.nyc.gov
**Meal Standards**

Meal items include salads, sandwiches, burritos, and combination packaged items such as tuna lunch kits. Breakfast breads and pastries must meet the snack standards.

1. **Require each meal meet all of the following criteria:**
   - **Calories:** no more than 700 calories (all items ≤ 200 calories must follow snack standards)
   - **Total fat:** no more than 35% of calories
     - Salads: no more than 60% of calories
   - **Saturated fat:** no more than 10% of calories
     - Salads: no more than 20% of calories
   - **Trans fat:** 0 grams trans fat
   - **Sodium:** no more than 800 mg
     - Soup: no more than 480 mg per 8 ounces
   - **Sugar:** no more than 35% of calories

2. **Refrigerated machines must stock fresh fruit and vegetable items.**

3. **Require calorie information is posted for each food item, as packaged.**
   Required for City agencies only.

4. **For programs serving children age 18 and under: products cannot contain artificial flavors, artificial colors, artificial sweeteners, or other non-nutritive sweeteners (e.g. stevia, erythritol).**