Dear Colleagues,

Vending in hospitals

Please find attached the Minister’s letter to LHB and NHS Trust Chairs formally communicating the Directions on the new guidance for health promoting vending in hospitals.

Each Welsh NHS Trust and Powys LHB is required to take appropriate action in relation to the Directions and accompanying Guidance.

Yours sincerely

Dr Tony Jewell
Head, Department for Public Health and Health Professionals
Chief Medical Officer for Wales
Dear Chair

Re: Vending in Hospitals

Further to my announcement that unhealthy vending is to be removed from all NHS hospitals, I am pleased to issue Directions and Guidance on the new arrangements for health promoting vending. The Directions and Guidance provide clear definitions of what type of food and drink is to be allowed in hospital vending machines and the timetable for implementation.

Diet has an important role to play in the prevention of obesity and chronic diseases such as coronary heart disease, diabetes, and certain cancers. The Assembly Government is committed to improving the health of the population of Wales and reducing inequalities by tackling the underlying causes of ill-health. We need to create an environment where it is easier for people to make healthy choices and our public sector settings should be an exemplar of best practice, particularly our hospitals. This guidance is a step towards achieving that exemplar status and is the first stage of the work to meet the One Wales commitment to improve hospital food.

If you have questions about the move to healthy vending please contact Maureen Howell on 029 2082 6723 maureen.howell@wales.gsi.gov.uk.
The Health Promoting Hospital Vending Directions to NHS Trusts

Welsh Ministers, in exercise of the powers conferred on them by sections 1, 19(1) and 204(3)(c)(iii) of the National Health Service (Wales) Act 2006, make the following directions:

1. All NHS Trusts in Wales must from 1 November 2008 apply the attached Health Promoting Hospital Vending Guidance dated September 2008.

2. Where NHS Trusts have existing contracts in place with vending machine suppliers which would incur substantial penalties for breach, Trusts should, in accordance with the attached Guidance, approach their suppliers to discuss ways, within the terms of the existing contracts, to implement the Guidance.

Signed under the authority of the Welsh Minister for Health and Social Services.

Chief Medical Officer for Wales

Chief Nursing Officer for Wales

Dated 12.09.2008
Health Promoting Hospital Vending Guidance

The Welsh Assembly Government is determined that public sector settings will be an exemplar of best practice in food provision, and this initiative focussing on healthy hospital vending is another step towards achieving that exemplar status.

The rationale and guidance for ‘healthy vending’ in hospitals is based on health promoting advice and a commitment to a health promoting environment in hospitals. The initiative is supported by a 5 point ‘charter’ on healthy vending, as detailed below:

Health Promoting Hospital Vending Charter

1. All foods and drinks supplied / sold from vending machines will have a positive nutritional benefit. – Good for your health

2. Foods and drinks supplied / sold from vending machines will not be damaging to dental health. – Safe for your teeth

3. Methods of storing and handling food and drink supplied / sold from vending machines should comply with a food safety management plan, based on principles of HACCP (Hazard Analysis and Critical Control Points). – Safe to eat and drink

4. Branding on vending machines will support health promoting messages. – Promoting good health

5. Healthy vending in hospitals is one of many initiatives which will support the concept of the Health Promoting Hospital – Hospitals leading the way

Background

The Policy Context:

The removal of unhealthy vending will contribute to delivering the ‘One Wales’ commitment to improving hospital food and nutrition. Improving the quality of food and drink provided in hospitals is seen as a key way to promote healthy eating with the aim of improving general health and preventing future ill health linked to poor diet. This work has been led by the Chief Nursing Officer for Wales who chaired a Task and Finish Group identifying the issues to be addressed to improve food and drink consumed in hospitals by patients. Two subgroups have been established to take the work forward, one
addressing a “nutrition in hospital” campaign, and the other nutrition care pathways within hospitals.

The work on healthy hospital food builds upon ‘Food and Well Being: the nutrition strategy for Wales’, which set out the Welsh Assembly Government’s commitment to achieving a healthier diet for the whole population of Wales. More recently the theme of Quality of Food was the subject of a major consultation through the Welsh Food Debate. The ensuing action plan ‘Quality Food For All in Wales Action Plan’ will aim to make it easier for everybody in Wales to be able to eat food that is healthy, affordable and produced in a sustainable way, whilst supporting a strong and diverse Welsh food industry. One of the main issues raised by the 852 organisations and individuals who responded to the consultation was the need to ensure that the food served in public places is healthy and if possible locally sourced.

Healthy vending in Welsh hospitals therefore reflects the general and overarching drive to improve the quality of food that is eaten in Wales, and the exemplar work on food and nutrition being developed across public sector organisations. This healthy vending initiative and commitment will play an important part in the delivery of the Welsh Assembly Government’s ‘Quality Food For All in Wales Action Plan’, which will aim to improve the quality of food provided across the public sector. Health promoting vending in hospitals will also complement the work already underway on vending both in schools through ‘Appetite for Life’ and in leisure centres through healthy eating pilots in eight Local Authorities.

The Welsh Assembly Government is one of a small number of governments worldwide to have sustainable development as one of the core principles within its establishing statute. Our food comes to us at great cost to the environment, with our food and drink accounting for 20% of the Wales ecological footprint. In Wales, it is estimated that people throw away 330,000 tonnes of food per year, worth £500m per year, or £420 per person. The health promoting vending initiative can contribute to reducing the environmental costs of the food system, in particular through reducing food waste and strengthening Welsh food supply chains. It can also add to Trusts work in implementing the NHS sustainable toolkit Healthy Sustainable Wales: The NHS Contribution” - A tool-kit to help you embed Sustainable Development into your NHS Organisation.

Current initiatives to promote better health for all:

Change requires effort from all parties to create a healthy food environment in Welsh hospitals, and everyone has a part to play in improving health in Wales. In short: health is everybody’s business. Health Challenge Wales has been developed to raise awareness of everybody’s responsibility and engage with organisations to look after the health of their staff and customers. Health Challenge Wales focuses on six key themes that contribute to ill health; one of which is food and fitness, and healthy hospital vending is another practical initiative aligned with the Health Challenge Wales concept.

The new arrangements relating to health promoting vending also builds upon the requirements of the Corporate Health Standard, which already promotes healthy vending as part of a planned approach to improving health and well being of employees. All NHS Trusts and Local Health Boards have targets in ‘Designed for Life’ to achieve the Corporate Health Standard at Gold or Platinum level. The Corporate Health Standard takes an organisational development approach to promote sustainable health.
improvement; supporting organisations in taking active steps to protect and promote the health and well being of their staff. Within the NHS, extending the provision for healthy eating to patients and visitors is recognised at a Platinum level.

**The concept of the health promoting hospital (HPH):**

Hospitals understand ‘health’, and their role ranges from curing and caring for disease, to preventing disease, and to protecting and promoting positive health. Hospitals are visited by a very broad cross-section of society and, as such, the whole hospital environment should reflect the importance of healthy living. Good all round nutrition is a key requirement in hospitals, both to help patients recover from illness, and to ensure a healthy diet for visitors and staff alike. The concept of a Health Promoting Hospital (HPH) has been developed by the World Health Organization. The concept recognises that health promotion is a core quality dimension of hospital services along with patient safety and clinical effectiveness. Healthy vending in Welsh hospitals progress this health promoting agenda, and the notion fits well with the concept of the’ health promoting hospital’.
Implementing the Health Promoting Vending Charter

1. **All foods and drinks supplied / sold from vending machines will have a positive nutritional benefit**

Changing our dietary habits for the better, alongside an improvement in our activity levels will have a major positive impact in reducing the rates of the chronic diseases in Wales. A high fat, high calorie diet can lead to weight gain and obesity which can increase the risk of health problems such as diabetes and heart disease. Obesity is a major public health issue affecting all ages as is malnutrition that affects almost 1 in 3 of adults admitted to hospitals, yet they are both preventable conditions. The key to achieving a healthy well balanced diet is to eat a wide variety of foods, based on the dietary guidelines shown in the Food Standards Agency (FSA) ‘Eat Well Plate’ and to avoid too many high fat, high sugar and salt (HFSS) foods.

**Nutrient Profiling**

Nutrient scoring/profiling is basically a tool which aims to provide a definition of either a ‘healthy’ or ‘unhealthy food’. A variety of nutrient scoring/profiling models are currently available, and are used in a variety of different ways. Given the commitment to provide healthy vending in hospitals, foods and drinks need to be categorised so that ‘healthy’ foods and drinks only are included in vending, thus providing nutritional benefits to the consumer. Therefore the nutrient profiling model developed by the FSA, has been included to guide purchasers on the foods and drinks which will be allowed in hospital vending. The scoring system recognises the beneficial nutrients in foods and penalises foods high in saturated fat, salt and sugar. The model is explained in Appendix 1.

The FSA nutrient profiling model was developed and tested for the specific purpose of restricting HFSS foods from being advertised during children’s television programmes, and was not designed for, and has not been tested in, any other capacity. Even though the model was devised for this specific purpose Welsh Assembly Government Health Professionals are of the view that it is a suitable tool for deciding what constitutes a healthy food / drink for the purposes of hospital vending. The nutrient profiling model application to hospital vending will be evaluated and reviewed following one year.

**Commercial food and drinks purchased for vending machines**

Subject to existing contracts that would incur penalties for breach, all food and drinks purchased for supply through vending machines in hospitals from 1st November 2008 must meet the requirements of the nutrient profiling model. The list below provides additional guidance on food which will not be permitted through the application of the model.

- Chocolate and chocolate products, bars of milk, plain or white chocolate, buttons, or chocolate filled eggs are not to be sold via vending machines.
- Chocolate coated bars and biscuits containing or coated in chocolate are not to be sold in vending machines.
- Sweets are not to be sold in vending machines (e.g. – boiled, chewy, mint, liquorice, sherbet, fudge, marshmallows, and toffee etc).
- Traditional crisp products are not permitted. Baked snack products are permitted to be sold in vending machines if they meet with the nutrient profiling model – scoring less than 4 points.
• Ice cream/frozen products can be sold but only if they meet with the nutrient profiling model – scoring less than 4 points.
• Processed fruit bars, chewy bars and crunchy bars can be sold – if they meet with the nutrient profiling model – scoring less than 4 points.
• Any other food products vended must score less than 4 points on the nutrient profile model. This includes any foods sold in self fill ‘carousel meal’ vendor type equipment.

Even where existing contracts are in place, all Trusts should approach their vending machine providers to reduce the number of unhealthy items, until the sale of such food items ceases, and increase the availability of healthy products as soon as possible.

**Foods produced on site for vending machines**

From the 1**th** January 2009 all foods and meals produced on site and supplied / sold via vending machines (e.g. in carousel vending) must meet the nutrient scoring requirements. This later implementation date will allow hospital caterers time to adapt recipes to meet the nutrient profiling model. The only exceptions are ‘complete meals’ on a plate produced on site and served as part of the normal provision for staff (e.g. lasagne and vegetables, jacket potato with filling – served with salad, pasta meal). Guidance for complete meals for staff, patients and visitors will be reviewed as part of the wider hospital nutrition programme. The following guidance will help caterers ensure the suitability of foods for healthy vending, and are in line with healthy catering practice:

- Skimmed or semi skimmed milk should be used in any recipes prepared for the vending machine;
- Fats should be used sparingly, and saturated fats should be avoided;
- Low fat dairy products to be used;
- All meats will be lean and trimmed;
- Fish, seafood and vegetarian alternatives are useful sources of protein, and help provide variety in any menu-planning cycle;
- Fruit and/or vegetables should form part of any complete meal;
- Little or no salt to be included;
- Cakes, biscuits, desserts must be low sugar and low fat and where possible contain a portion of fruit;
- Savoury snacks including pastry products must be low fat and low salt.

Further guidance on healthy catering practice can be found on the FSA’s website at [http://www.food.gov.uk/healthiereating/healthycatering](http://www.food.gov.uk/healthiereating/healthycatering)

2. **Foods and drinks supplied / sold from vending machines will not be damaging to dental health.**

The food and drink we consume impacts on our oral health too. Frequent and excessive sugar consumption is bad for teeth and can lead to tooth decay, and frequent intake of acidic drinks can increase the risk of dental erosion. In addition to being costly to treat, dental diseases cause unnecessary pain and anxiety, and eventually may lead to loss of teeth which in itself can be detrimental to achieving a balanced diet. Drinks from healthy vending should not be harmful to teeth, and should not contain added sugar. An exception to this is flavoured milk and milk based drinks which should have no more than
5% added sugars. This level of sugar is acceptable, as it has been demonstrated that 5% sucrose in milk produces a small but non-significant increase in dental caries compared with plain milk.

There is an increasing problem of tooth erosion throughout the United Kingdom and particularly amongst young people. Tooth erosion is the loss of tooth substance due to the frequent intake of acidic foodstuffs, in particular carbonated drinks. The shift from fizzy drinks containing sugar to "diet" brands does not reduce the problem of erosion, and the overall increase in the consumption of fizzy drinks is creating a problem, which is increasingly common and expensive to treat. Therefore, drinks except for plain water (carbonated water has negligible erosive potential) should not be carbonated and should have a pH greater than 4.5. One exception to this is fruit and vegetable juices which will be allowed as they have a clear nutritional benefit, contributing to the recommended ‘5 a day’ portions of fruit and vegetables. Fruit and vegetable juice diluted with still or carbonated water (containing, following dilution, a minimum of 50% fruit or vegetable juice), will also be allowed.

From the 1st November 2008:
- Drinks with added sugars, apart from flavoured milk and milk based drinks with no more than 5% added sugars, are not to be supplied / sold from vending machines;
- Carbonated drinks, apart from
  - water,
  - pure fruit and vegetable juices,
  - and fruit and vegetable juices containing, following dilution with water, a minimum of 50% fruit or vegetable juice
are not to be supplied / sold from vending machines;
- Yoghurt, milk drinks and smoothies are permitted (skimmed and semi skimmed products only) - as long as they meet with the FSA nutrient profile model – scoring less than 1 point;
- Pure fruit and vegetable juices are permitted;
- Tea and coffee are permitted with artificial sweetener if required. Other hot drinks such as vended hot chocolate and soups must meet the nutrient profile model – scoring less than 1 point;
- Other drinks may be permitted if they meet with the nutrient profile model – scoring less than 1 point.

3. **Methods of storing and handling food and drink supplied / sold from vending machines will comply with a food safety management plan, based on principles of HACCP (Hazard Analysis and Critical Control Points).**

Food safety is particularly important for fresh foods and drinks which need to be temperature controlled, or chilled prior to sale. A food safety management plan must be in place based on the principles of HACCP (hazard analysis critical control point). Preparation, storage and sale of all produce sold through vending machines should comply with hospitals’ catering policies.

Vending machines should be kept clean and maintained in good repair and condition as to avoid the risk of contamination. All food handlers dealing with vending machines and products should have a basic understanding of food and personal hygiene before starting
work. Guidance on selecting vending machines, and relevant hygiene guidance can be accessed from the Automatic Vending Association. ([http://www.ava-vending.co.uk/](http://www.ava-vending.co.uk/))

4. **Branding on vending machines will support health promoting messages**

As part of the healthy vending initiative there is a commitment to address branding and messaging on vending machines, and the only branding on hospital vending machines will be promoting healthy eating. Hospital vending machines should not promote foods or drinks high in fat, sugar or salt or brands associated with those products. Where possible the Health Challenge Wales logo should feature on the vending machines.

5. **Healthy vending in hospitals is one of many initiatives which will support the concept of the Health Promoting Hospital – Hospitals leading the way**

It is well recognised that hospitals are 24hr operations, and access to nutritious and healthy food is required around the clock. Vending machines are capable of providing a commercially sound outlet for healthy products when used efficiently and appropriately. Vending machines can help meet the needs of staff and visitors alike and stimulate sustainable local provision. There are already examples of good practice in vending provision within NHS hospitals in Wales – but there is a need for further improvements.

As healthy hospital vending rolls out across Wales, it is likely that new vending machines and products will become available. The Welsh Assembly Government has initiated discussions with vending suppliers.
Timetable for Action

From 1st November 2008, healthy vending will be provided at all NHS hospital sites. (See table below for details). The healthy vending criteria will apply to all foods and drinks being supplied or sold through vending machines except for complete meals, with a rolling programme of implementation. Where long term vending contracts are in place (which would incur significant financial penalties for early termination) they should be allowed to run their course. However all Trusts should actively approach their vending providers to reduce the number of unhealthy items until the sales are ceased, and increase the availability of healthy products as soon as possible – whether short or long term contracts are in place.

As new vending purchasing patterns/contracts are developed, sustainable food procurement processes also need to be considered.

<table>
<thead>
<tr>
<th>Deadline</th>
<th>NHS Trusts</th>
<th>Welsh Assembly Government</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 2008</td>
<td>Manufactured foods/drinks must fit the Directions and guidance including the nutrient profiling model – <em>where contracts allow</em>. Even where contracts are in place, all Trusts should actively approach their vending providers to reduce the number of unhealthy items until the sales are ceased, and increase the availability of healthy products as soon as possible.</td>
<td>Guidance for Health Promoting Hospital Vending issued</td>
</tr>
<tr>
<td>November 1st 2008</td>
<td>Directions and guidance including the nutrient profiling model to be applied to all products in hospital vending machines - whether manufactured or produced on site (the only exclusion is complete meals*).</td>
<td></td>
</tr>
<tr>
<td>January 1st 2008</td>
<td></td>
<td>Review and evaluation of the implementation of the Healthy Vending Guidance in liaison with NHS Trusts.</td>
</tr>
<tr>
<td>April to September 2009</td>
<td>As existing ‘vending’ contracts expire, full implementation of the Directions and guidance to be achieved, and any new contracts put in place must meet the guidance and nutrient profiling model.</td>
<td>Work with manufactures / suppliers in Wales to extend range of products that meet the criteria for healthy vending.</td>
</tr>
</tbody>
</table>

* The guidance in Appendix 1 applies to all foods, drinks and snacks sold or supplied in hospital vending machines. **There is however one key exclusion.** Since the benefits of a well balanced diet are recognised, complete meals prepared on site and provided out of hours for staff (only as part of normal canteen provision) are currently excluded from the guidance until more work is undertaken on the introduction of national guidance for meals generally served in hospitals. However, caterers as always should remain cognisant of best practice in healthy catering.
References

WAG (2007) ‘One Wales –A progressive agenda for the government of Wales’
http://wales.gov.uk/about/strategy/strategypublications/strategypubs/onewales/?lang=en

(WAG 2007) One Wales Delivery Plan 2007 – 2011
http://wales.gov.uk/about/strategy/strategypublications/strategypubs/1walesdeliveryplan/?lang=en


WHC (2006) 067 Nutrition in Hospital Importance of Welsh Risk Pool Standard No. 23

WAG (2007) Quality of Food
http://wales.gov.uk/topics/health/improvement/food/foodhealth/qualityoffood/?lang=en

Useful links:


The Corporate Standard

Health Promoting Hospitals: http://www.euro.who.int/healthpromohosp

Eat Well Plate (FSA) http://www.eatwell.gov.uk/healthydiet/eatwellplate/?lang=en

Automatic Vending Association: http://www.ava-vending.co.uk/
**Nutrient Profiling Model**

There are three steps to working out the overall score for the food or drink.

1. **Work out total 'A' points**

A maximum of ten points can be awarded for each nutrient.

Total 'A' points = (points for energy) + (points for saturated fat) + (points for sugars) + (points for sodium)

The following table indicates the points scored, depending on the content of each nutrient in 100g of the food:

<table>
<thead>
<tr>
<th>Points</th>
<th>Energy (kJ)</th>
<th>Sat Fat (g)</th>
<th>Total Sugar (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>≤ 335</td>
<td>≤ 1</td>
<td>≤ 4.5</td>
<td>≤ 90</td>
</tr>
<tr>
<td>1</td>
<td>&gt;335</td>
<td>&gt;1</td>
<td>&gt;4.5</td>
<td>&gt;90</td>
</tr>
<tr>
<td>2</td>
<td>&gt;670</td>
<td>&gt;2</td>
<td>&gt;9</td>
<td>&gt;180</td>
</tr>
<tr>
<td>3</td>
<td>&gt;1005</td>
<td>&gt;3</td>
<td>&gt;13.5</td>
<td>&gt;270</td>
</tr>
<tr>
<td>4</td>
<td>&gt;1340</td>
<td>&gt;4</td>
<td>&gt;18</td>
<td>&gt;360</td>
</tr>
<tr>
<td>5</td>
<td>&gt;1675</td>
<td>&gt;5</td>
<td>&gt;22.5</td>
<td>&gt;450</td>
</tr>
<tr>
<td>6</td>
<td>&gt;2010</td>
<td>&gt;6</td>
<td>&gt;27</td>
<td>&gt;540</td>
</tr>
<tr>
<td>7</td>
<td>&gt;2345</td>
<td>&gt;7</td>
<td>&gt;31</td>
<td>&gt;630</td>
</tr>
<tr>
<td>8</td>
<td>&gt;2680</td>
<td>&gt;8</td>
<td>&gt;36</td>
<td>&gt;720</td>
</tr>
<tr>
<td>9</td>
<td>&gt;3015</td>
<td>&gt;9</td>
<td>&gt;40</td>
<td>&gt;810</td>
</tr>
<tr>
<td>10</td>
<td>&gt;3350</td>
<td>&gt;10</td>
<td>&gt;45</td>
<td>&gt;900</td>
</tr>
</tbody>
</table>

> is greater than; > is less than; ≤ is less than or equal to

If a food or drink scores 11 or more 'A' points then it cannot score points for protein unless it also scores 5 points for fruit, veg and nuts.

2. **Work out total 'C' points**

A maximum of five points can be awarded for each nutrient/food component.

Total 'C' points = (points for fruit, veg & nut content) + (points for fibre [either NSP or AOAC]) + (points for protein)

The following table indicates the points scored, depending on the content of each nutrient/food component in 100g of the food:
### Table: Points, Fruit, Veg & Nuts (%)

<table>
<thead>
<tr>
<th>Points</th>
<th>Fruit, Veg &amp; Nuts (%)</th>
<th>NSP Fibre (g)</th>
<th>Or AOAC Fibre (g)</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>≤ 40</td>
<td>≤ 0.7</td>
<td>≤ 0.9</td>
<td>≤ 1.6</td>
</tr>
<tr>
<td>1</td>
<td>&gt;40</td>
<td>&gt;0.7</td>
<td>&gt;0.9</td>
<td>&gt;1.6</td>
</tr>
<tr>
<td>2</td>
<td>&gt;60</td>
<td>&gt;1.4</td>
<td>&gt;1.9</td>
<td>&gt;3.2</td>
</tr>
<tr>
<td>3</td>
<td>-</td>
<td>&gt;2.1</td>
<td>&gt;2.8</td>
<td>&gt;4.8</td>
</tr>
<tr>
<td>4</td>
<td>-</td>
<td>&gt;2.8</td>
<td>&gt;3.7</td>
<td>&gt;6.4</td>
</tr>
<tr>
<td>5*</td>
<td>&gt;80</td>
<td>&gt;3.5</td>
<td>&gt;4.7</td>
<td>&gt;8.0</td>
</tr>
</tbody>
</table>

NSP Non-starch polysaccharides; AOAC American Association of Analytical Chemists method

*If a food or drink scores 5 points for fruit, veg & nuts the 'A' nutrient cut-off no longer applies.

### 3. Work out overall score

If a food scores less than 11 ‘A’ points then the overall score is calculated as follows:

Overall score = (total 'A' points) minus (total 'C' points)

If a food scores 11 or more 'A' points but scores 5 points for fruit, vegetables and nuts then the overall score is calculated as follows:

Overall score = (total 'A' points) minus (total 'C' points)

If a food scores 11 or more 'A' points but also scores less than 5 points for fruit, veg and nuts then the overall score is calculated as follows:

Overall score = (total 'A' points) minus (fibre points + fruit, veg and nuts points only) [i.e. not allowed to score points for protein]

A food is classified as 'less healthy' where it scores 4 points or more and is not permitted in hospital vending machines.

A drink is classified as 'less healthy' where it scores 1 point or more and is not permitted in hospital vending machines.

### Worked Example - Crisps

#### Nutrient content (per 100g)

<table>
<thead>
<tr>
<th>Energy (kJ)</th>
<th>Sat Fat (g)</th>
<th>Sugar (g)</th>
<th>Sodium (mg)</th>
<th>NSP Fibre (g)</th>
<th>Protein (g)</th>
<th>Fruit/veg/nut (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2193</td>
<td>3.9</td>
<td>0.7</td>
<td>600</td>
<td>3.8</td>
<td>5.0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Step 1: To calculate A score:**

2193kJ per 100g – so it scores 6 points  
3.9g saturated fat per 100g, so it scores 3 points  
0.7g sugar per 100g, so it scores 0 points  
600mg sodium per 100g, so it scores 6 points

So the total score for A nutrients is: 6+3+0+6 = **15 points**

**Step 2: To calculate C scores**
5.0g protein per 100g, but it scores 0 points (no points for protein because it scores more than 10 A points and less than 5 C points for fruit/veg/nuts and so protein cap applies).
3.8g NSP fibre per 100g – so it scores 5 points
0% fruit/veg/nut content, so it scores 0 points

So the total C score is: 0+5+0 = 5 points

**Step 3: Work out overall score (A – C)**

15 points – 5 points = **10 points**

This pack of crisps would be classed as less healthy – and not included in vending machines.

**Worked Example - Fruit Pieces in Pure Juice (tub of fruit – plastic with spoon)**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>(per 100g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy (kJ)</td>
<td>237</td>
</tr>
<tr>
<td>Sat Fat (g)</td>
<td>0.1</td>
</tr>
<tr>
<td>Sugar (g)</td>
<td>12</td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>Less than 100</td>
</tr>
<tr>
<td>NSP Fibre (g)</td>
<td>1.5</td>
</tr>
<tr>
<td>Protein (g)</td>
<td>0.5</td>
</tr>
<tr>
<td>Fruit/veg/nut (%)</td>
<td>100</td>
</tr>
</tbody>
</table>

**Step 1: To calculate A score:**

237kJ per 100g – so it scores 0 points
0.1g saturated fat per 100g, so it scores 0 points
12g sugar per 100g, so it scores 2 points
Less than 100mg sodium per 100g, so it scores 1 point

So the total score for A nutrients is 0+0+2+1 = **3 points**

**Step 2: To calculate C scores**

0.5g protein per 100g, so it scores 0 points
1.5g NSP fibre per 100g – so it scores 2 points
100% fruit/veg/nut content, so it scores 5 points

So the total C score is: 0+2+5 = **7 points**

**Step 3: Work out overall score (A – C)**

3 points – 7 points = **- 4 points**

This tub of fruit would be classed as healthy – and could be included in vending machines.