

Health Promoting Hospital Vending Guidance

The Welsh 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 must be the healthier option within its product range – *Good for your health***
- 2. Foods and drinks supplied / sold from vending machines must 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 must support health promoting messages – *Promoting good health***
- 5. Healthy vending in hospitals will support the concept of the Health Promoting Hospital – *Hospitals leading the way***

Background

In September 2008 the Welsh Government issued the Health Promoting Hospital Vending Directions and Guidance to National Health Service Trusts (“the 2008 Guidance”). The 2008 Guidance included a commitment to review the implementation in conjunction with the then NHS Trusts¹. The Review was completed in January 2010. Recommendations from the review report include:

- “Welsh Government officials to work with the Food Standards Agency (FSA) to develop an alternative to the current nutrient profiling based guidance, which supports the healthy food in hospitals commitment and enables a broader range of products to be included.”

Officials from the Health Improvement Division of the Welsh Government met with the FSA UK² to discuss the Review and, specifically the recommendation relating to the development of an alternative to the nutrient profiling methodology used in the 2008 Guidance. The approach that was suggested was to apply the UK Government’s nutrient criteria for front-of-pack nutrition labels of pre-packed foods to determine which products are permitted for vending. This Guidance therefore replaces the 2008 Guidance in order to incorporate this approach which will allow more flexibility in the range of foods which can be stocked in vending machines in hospitals whilst limiting the levels of fat, saturated fat, sugar and salt in those products.

Health promoting vending in Welsh hospitals 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. It complements a number of national initiatives that have been put in place to improve food and drink provision in hospitals in Wales such as the introduction of an all Wales nutrition care pathway, food record charts, revised daily and weekly intake and output charts, the Nutrition Awareness Campaign for staff delivered by the Royal College of Nursing Wales, and the All Wales Catering and Nutrition Standards for Food and Fluid Provision for Hospital Inpatients.

Health promoting hospital

Hospitals understand ‘health’, and their role ranges from curing and preventing disease, caring for patients, 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 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

¹ Since issuing the 2008 Guidance, the NHS in Wales has been reorganised. The changes came into effect on 1 October 2009 and Local Health Boards are now responsible for delivering all healthcare services within a geographical area, including hospital vending, rather than the Trust and Local Health Board system that existed previously. Velindre NHS Trust continues to be responsible for owning and managing Velindre Hospital and to provide and manage hospital accommodation and services there.

² On 1 October 2010 nutrition policy responsibility transferred from the Food Standards Agency in England and Wales to the Department of Health and Health Improvement Division of the Welsh Government respectively.

effectiveness. Health promoting vending in Welsh hospitals fits well with the concept of the 'health promoting hospital'.

Part One: Health Promoting Vending Guidance

'To what does this Guidance apply?'

All foods and drinks purchased for supply through vending machines in hospitals and all foods and meals produced on site which are supplied / sold in vending machines must meet the requirements of this Guidance.

Vending machines in place solely to provide snacks for nutritionally at risk patients are exempt from this Guidance. Such vending machines may stock any product provided there is an audit system for the provision in place; inpatients may access these vending machines where a health professional has identified a need.

'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, pasta meal) are exempt from this Guidance. However, the Welsh Government has prepared Guidance for Supporting Healthy Food & Drink Choices for Staff and Visitors in Hospitals which should be applied to this area of catering and is available on the Nutrition and Catering Wales website www.nutritionandcatering.wales.nhs.uk.

1. All foods and drinks supplied / sold from vending machines must be the healthier option within its product range

Whether a food or drink can be offered for sale in a vending machine will depend on the type of product to be vended and whether it is considered to be high in any of the four key nutrients: fat, saturated fat, sugars and/or salt. Most people in the UK eat too much fat, saturated fat, sugar and salt and the approach in this Guidance aims to limit the levels of these four nutrients in the products vended whilst still providing customers with food options. The criteria for high levels of fat, saturated fat, sugar and/or salt in this Guidance are based on advice from the Committee on Medical Aspects of Food and Nutrition Policy (COMA) and Scientific Advisory Committee on Nutrition (SACN)³, using 25% of recommended intake levels per 100g, and 30% per portion (40% for salt) respectively.

A description of the food categories and the types of products falling within each category is set out in **Part Two**. The criteria for determining whether a food or drink product can be offered for sale in vending machines and guidance on what is a high level of fat, saturated fat, sugar and salt in foods and drinks per 100g and per portion is also set out in **Part Two**.

High levels of one of the four key nutrients, fat, saturated fat, sugars and/or salt, is permitted in the following food categories: biscuits and crackers; crisps and savoury snacks; and sandwiches, wraps and salads. In the case of the nuts and seeds category, high levels of fat and/or saturated fat are permitted. **Table 2** in **Part Two** of this document explains the rationale behind this decision.

³ Department of Health. Report on health and social subjects No. 41. Dietary reference values for food energy and nutrients for the United Kingdom. London : HMSO, 1991

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

Foods and drinks should not be harmful to teeth, and should not contain added sugar. Flavoured milk and milk based drinks which have no more than 5% added sugars may be offered for sale in vending machines. This level of sugar is acceptable, because it has been demonstrated that 5% sucrose in milk produces a small but non-significant increase in dental caries compared with plain milk.

Drinks must not be carbonated and should have a pH greater than 4.5; but:

plain water may be carbonated because carbonated water has negligible erosive potential

pure fruit and vegetable juices will be allowed as they have a clear nutritional benefit, contributing to the recommended '5 a day' portions of fruit and vegetables, and

pure fruit and vegetable juice diluted with still or carbonated water is also allowed when it contains, following dilution, a minimum of 50% fruit or vegetable juice.

3. Methods of storing and handling food and drink supplied / sold from vending machines must 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 the hospital's own catering policies.

Vending machines should be kept clean and maintained in good repair and condition so 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.

4. Branding on vending machines must support health promoting messages

The promotion and branding of hospital vending machines is integral to healthy vending. As such, only branding that promotes healthy eating will be permitted on hospital vending machines. Hospital vending machines should not promote foods or drinks high in fat, sugar or salt or brands associated with those products. Where possible the Change4Life / Newid Am Oes logo should feature on the vending machines.

5. Healthy vending in hospitals will support the concept of the Health Promoting Hospital

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 healthier products when used efficiently and appropriately, and can help meet the needs of staff and visitors alike.

References

Review of the Health Promoting Hospital Vending Guidance 2008 (includes original guidance):

<http://wales.gov.uk/topics/health/improvement/index/vendingguidance/?lang=en>

Useful links:

Nutrition and Catering Wales www.nutritionandcatering.wales.nhs.uk

Change4Life Wales www.wales.gov.uk/change4life

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

Eatwell Plate <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate.aspx>

Food Standards Agency www.food.gov.uk

Automatic Vending Association <http://www.ava-vending.co.uk/>

Part Two: Implementing the Guidance

The Welsh Government has developed the following material to instruct caterers on the suitability of foods and drinks for healthy vending. An electronic calculator is also available on the Nutrition and Catering Wales website to assist your calculations (www.nutritionandcatering.wales.nhs.uk).

The Guidance contains the following information:	page
- criteria for selecting food products for hospital vending	7
- step-by-step guide for applying the guidance to food products	9
- criteria for selecting drink products for hospital vending	9
- step-by-step guide for applying the guidance to drink products	10
- worked examples	11
- additional notes on added sugars.	16

Criteria for selecting food products for hospital vending

All food product supplied / sold through vending machines in hospitals must be tested against the criteria in **Table 1** below to determine whether it should be considered as high in any of the four nutrients: fat, saturated fat, sugar and salt.

Table 1: High levels of fat, saturated fat, sugar and salt for 100g of food

	HIGH	
	Per 100g	Per portion
Fat	> 20.0g /100g	> 21g / portion
Saturates	> 5.0g /100g	> 6.0g / portion
Added Sugars⁴	> 12.5g added sugars /100g	> 15.0g added sugars / portion*
Salt⁵	> 1.50g /100g	> 2.40g / portion

*See **additional notes on added sugar (page 16)** for more advice on applying the added sugars criteria.

Whether a food product is permitted to be sold through vending machines depends on the type of food to be vended and whether it is considered to be high in any of the four nutrients.

Foods have been split into 11 categories. Certain food categories permit a food to be offered for sale despite a high level in one or more of the four nutrients. This is set out in **Table 2** along with examples of the types of foods that fall into each category.

Products that do not meet the criteria in the relevant food category are not permitted to be vended.

⁴ Scientific Advisory Committee on Nutrition (SACN) has been asked by the UK Government to review and advice on intakes of sugars as part of its future work programme.

⁵ Sodium from all sources expressed as salt.

Table 2: Food product categories

Product Category	Description	Vending Criteria	Rationale
Biscuits & crackers	Plain biscuits, oatcakes, rice cakes, crackers, filled biscuits, chocolate biscuits, crisp bread.	High for one of: fat; saturated fat; sugar; OR salt permitted	Would allow certain lower fat biscuits, crackers and rice-cakes (e.g. light rich tea, oat cakes, flavoured rice cakes) whilst still excluding standard biscuits (e.g. chocolate covered/coated biscuits, standard rich tea/ digestives).
Breakfast cereals	Corn flakes, bran flakes, sugar or chocolate coated flakes, flakes with added fruit, porridge, muesli	No high levels permitted	Would allow traditional lower sugar/salt/fat cereals (e.g. shredded wholegrain wheat biscuits, wheat biscuits, porridge) whilst still excluding higher sugar/salt/fat cereals (e.g. chocolate puffed rice, honey nut cornflakes).
Cakes, breads & sweet pastry products	Croissants, Danish pastries, doughnuts, English muffins, crumpets, American muffins, sponge cakes, fruit pies, currant and fruit breads/buns, bagels.	No high levels permitted	Would allow crumpets, cinnamon and raisin bagels, tea cakes and hot cross buns whilst excluding fruit cake, croissants and muffins.
Confectionary	Chocolate and chocolate based bars, boiled sweets, jellies, fruit gums, mints, sugar-free sweets.	No high levels permitted	Would allow sugar free sweets and chewing gum whilst still excluding fruit pastilles, wine gums, chocolate bars, etc.
Crisps & savoury snacks	Fried potato products, fried other cereal based products, pretzels, baked crisps, Bombay mix.	High for salt permitted	Would allow lower fat baked snacks (e.g. baked crisps, flavoured rye snacks) which typically contain less than 1g of salt per bag/portion whilst still excluding regular crisps and savoury snacks which are 'high' in fat/sat fat and salt.
Fruit & vegetables	Fruit in syrup, dried fruit, fruit in natural juices, fresh fruit.	No high levels permitted	Would allow all fruit/vegetables whilst excluding chocolate/yoghurt covered raisins/dried apricots etc.
Nuts and seeds	Coated and/or roasted nut and seed snacks, nuts and seeds without added salt and sugar.	High for fat AND/OR saturated fat permitted	Would allow all types of plain nuts and seeds whilst excluding those coated and/or roasted in high-salt/sugar flavourings, chocolate/yoghurt etc.
Snack bar products	Cereal, nut, seed and fruit bars with and without coating of yoghurt and chocolate.	No high levels permitted	Would allow lower- sugar, salt and fat cereal bars whilst excluding cereal bars high in sugar/with a chocolate/yoghurt coating.
Pies and pasties	Meat and vegetable pies and slices, Cornish pasties, pork pies, sausage rolls, scotch eggs, spring rolls, samosas.	No high levels permitted	Would exclude pies, sausage rolls and pasties due to their high saturated fat content.
Sandwiches, wraps and salads	Filled sandwiches, baguettes (subs), wraps, pasta/cous cous/rice etc salad pots.	High for one of: fat; saturated fat; sugar; OR salt permitted	Would allow a wide range of sandwiches, wraps and salad pots including egg, cheese and chicken whilst still excluding sandwiches with fillings high in fat, saturated fat and salt such as cheese and mayo, sausage and bacon etc and salads with rich dressings.
Yoghurts	Low fat, natural and Greek yoghurts	No high levels permitted	Would allow a range of lower fat/sugar yoghurts whilst excluding higher fat/sugar Greek style yoghurts/whole yoghurts, flavoured yoghurts with added sugars, yoghurts served with honey and other toppings.

Step-by-step guide for applying the guidance for food products

To determine whether a food product can be offered for sale in vending machines in hospitals follow the steps outlined below:

Step 1: Determine the food product category using **Table 2** and identify the vending criteria for that category.

Step 2: Is the portion size more than 100g?
If yes, follow the instructions below.
If no, move on to Step 3.

Check the amount of fat, saturated fat, added sugars* and salt per portion of the product against the criteria in **Table 1**.

Is the product 'high' in any of the four nutrients?

If yes, check the vending criteria for the relevant food product category to see whether item can be vended.

If no, product can be vended.

Step 3: Check the amount of fat, saturated fat, added sugars* and salt per 100g of the product against the criteria in **Table 1**.

Is the product 'high' in any of the four nutrients?

If yes, check the vending criteria for the relevant food product category to see whether item can be vended.

If no, product can be vended.

* See **additional notes on sugar (page 16)** for more advice on applying the added sugars criteria.

Criteria for selecting drink products for hospital vending

Drinks with added sugars must not be supplied or offered to be sold from vending machines, apart from:

- flavoured milk
- milk based drinks such as hot chocolate
- yoghurt drinks
- dairy smoothie
- instant soups.

where there is no more than 5% added sugars and the dairy based drinks are low-fat (i.e. based on skimmed, 1% or semi-skimmed milk)

Carbonated drinks must not be supplied from vending machines apart from the following specified drinks:

- Carbonated water
- Carbonated pure fruit and vegetable juices
- Carbonated pure fruit and vegetable juices containing, following dilution with water, a minimum of 50% fruit or vegetable juice.

Tea and coffee are permitted with artificial sweetener if required.

All other drinks must contain no added sugar and tested against the criteria in **Table 3** below. Those drinks may be vended as long as they are not high in fat, saturated fat or salt.

Table 3 – High levels of fat, saturated fat, sugar and salt for drinks (per 100ml)

	HIGH
	Per 100ml
Fat	> 10.0g/100ml
Saturates	> 2.5g/100ml
Added Sugars⁶	None permitted*
Salt⁷	> 1.50g/100ml

*Drinks with added sugars are not permitted to be vended; see bullet 1 under 'Criteria for selecting drink products for hospital vending' (page 9).

⁶ Scientific Advisory Committee on Nutrition (SACN) has been asked by the UK Government to review and advice on intakes of sugars as part of its future work programme.

⁷ Sodium from all sources expressed as salt.

Step-by-step guide for applying the guidance for drink products

To determine whether a drink product can be offered for sale in vending machines in hospitals follow the steps outlined below:

Step 1: Check the ingredients list: does the drink product contain added sugars*?

If yes, not permitted for vending unless product is flavoured milk, milk based drink, yoghurt drink, dairy smoothie or instant soup with no more than 5% added sugars**, in which case move on to Step 2.

If no, move on to Step 2.

* See **additional notes on sugar (page 16)** for more advice on added sugars.

**If the level of added sugars cannot be determined, contact the supplier for information.

Step 2: Does the drink contain dairy products?

If yes, permitted for vending if based on low-fat dairy (i.e. skimmed, 1% fat or semi-skimmed milk).

If no, move on to Step 3.

Step 3: Is the drink product carbonated?

If yes, not permitted for vending unless product is water, flavoured water with no added sugar, pure fruit/vegetable-juice, or pure fruit/vegetable-juice diluted with water (minimum 50:50 dilution).

If no, move on to Step 4.

Step 4: Is the product a pure fruit/vegetable juice or a pure fruit/vegetable juice and water blend?

If yes, permitted for vending provided the pure fruit/vegetable juice blend contains a minimum of 50% pure fruit and/or vegetable juice(s) following dilution with water.

If no, move on to Step 5.

Step 5: Check the amount of fat, saturated fat and salt per 100ml of the product against the criteria in **Table 3**.

Is the product 'high' in any of the nutrients?

If yes, product is not permitted for vending.

If no, product can be vended.

Worked examples

Food Example 1 - Crisps

Nutrient content (per 100g)

Fat (g)	Sat Fat (g)	Sugar (g)	Sodium* (g)	*Equivalent as salt (g)
21.8g	1.7g	0.5g	0.48g	1.22g

*To calculate the salt equivalent multiply sodium (g) by 2.5 (e.g. $0.48 \times 2.5 = 1.22$).

Step 1: Determine the food product category using **Table 2** and identify the vending criteria for that category.

Crisps fall into the 'Crisps and savoury snacks' category which allows products to be high in salt but not in fat, saturated fat or sugar.

Step 2: Is the portion size more than 100g?

No: move on to Step 3.

Step 3: Check the amount of fat, saturated fat, added sugars and salt per 100g of the product against the criteria in **Table 1**.

In this example:

<i>Fat</i>	<i>HIGH</i>
<i>Saturates</i>	<i>Not high</i>
<i>Added Sugars</i>	<i>Not high*</i>
<i>Salt</i>	<i>Not high</i>

In this example, the crisps are high in fat and so they are not permitted for vending.

*Total sugars in this example are 0.5g/100g and so added sugars cannot be high (i.e. 12.5g/100g).

Food Example 2 - Cereal Bar with dried fruit and rice syrup

Nutrient content (per 100g)

Fat (g)	Sat Fat (g)	Sugars (g)	Added Sugars (g)	Sodium* (g)	*Equivalent as salt (g)
9.2g	2.0g	44.2g	8.5g	0.05g	0.13g

* To calculate the salt equivalent multiply sodium (g) by 2.5 (e.g. $0.05 \times 2.5 = 0.13$)

Step 1: Determine the food product category using **Table 2** and identify the vending criteria for that category.

Cereal bars fall into the 'Snack bar products' category which does not allow high levels of fat, saturated fat, sugar or salt.

Step 2: Is the portion size more than 100g?

No: move on to Step 3.

Step 3: Check the amount of fat, saturated fat, added sugars and salt per 100g of the product against the criteria in **Table 1**.

In this example:

Fat	Not high
Saturates	Not high
Added Sugars	Not high*
Salt	Not high

In this example, the cereal bar is not high in fat, saturated fat, sugar or salt and so is permitted for vending.

*Total sugars in this example are 44.2g/100g; however, the added sugars are only 8.5g/100g and so not high (i.e. 12.5g/100g).

Food Example 3 – Cheese and Bacon Sandwich

Nutrient content (per 100g)

Fat (g)	Sat Fat (g)	Sugars (g)	Salt (g)
15g	5.5g	3g	1.7g

Nutrient content (per portion 180g)

Fat (g)	Sat Fat (g)	Sugars (g)	Salt (g)
27g	9.9g	5.4g	3g

Step 1: Determine the food product category using **Table 2** and identify the vending criteria for that category.

A sandwich falls into the 'Sandwiches, wraps and salads' category which allows a high level of fat, saturated fat, sugar OR salt.

Step 2: Is the portion size more than 100g?

Yes: check the amount of fat, saturated fat, added sugars and salt per portion of the product against the criteria in **Table 1**.

Is the product 'high' in any of the four nutrients?

In this example:

Fat	HIGH
Saturates	HIGH
Added Sugars	Not high*
Salt	HIGH

In this example, the sandwich is high in fat, saturated fat AND salt and so is not permitted for vending.

**Total sugars in this example are 5.4g/portion and so added sugars cannot be high (i.e. 15g/portion).*

Food Example 4 – Pasta Salad

Nutrient content (per 100g)

Fat (g)	Sat Fat (g)	Sugars (g)	Salt (g)
5.5g	1.4g	0.5g	0.8g

Nutrient content (per portion 340g)

Fat (g)	Sat Fat (g)	Sugars (g)	Salt (g)
18.7g	4.8g	1.7g	2.7g

Step 1: Determine the food product category using **Table 2** and identify the vending criteria for that category.

A pasta salad falls into the ‘Sandwiches, wraps and salads’ category which allows a high level of fat, saturated fat, and sugar OR allows a high level of salt.

Step 2: Is the portion size more than 100g?

*Yes: check the amount of fat, saturated fat, added sugars and salt per portion of the product against the criteria in **Table 1**.*

Is the product ‘high’ in any of the four nutrients?

In this example:

<i>Fat</i>	<i>Not high</i>
<i>Saturates</i>	<i>Not high</i>
<i>Added Sugars</i>	<i>Not high</i>
<i>Salt</i>	<i>HIGH</i>

In this example, the pasta is high in salt but as it does not also have high levels of fat, saturated fat and sugars it is permitted for vending.

**Total sugars in this example are 1.7g/portion and so added sugars cannot be high (i.e. 15g/portion).*

Drink Example 1 – Minestrone Instant Soup

Nutrient content (per 100ml of reconstituted product)

Fat (g)	Sat Fat (g)	Sugar (g)	Added Sugars (g)	Salt (g)
1g	0.5g	5.0g	1.0g	0.75g

Step 1: Does the drink product contain added sugars?

Yes: ingredients list includes 'lactose' but as the product is an instant soup this is OK provided the added sugars are less than 5%.

Does drink product contain more than 5% added sugars?

In this example, added sugars are 1.0g per 100ml (i.e. 1%) and so the soup is permitted for vending.

Drink Example 2 – Still water with blackberry

Nutrient content (per 100ml)

Fat (g)	Sat Fat (g)	Sugar (g)	Added Sugars (g)	Salt (g)
0g	0g	0.2g	0g	0g

Step 1: Does the drink product contain added sugars?

Ingredients list includes 'blackberry juice from concentrate' which is classed as an added sugar (see page 16); however, because this is a characterising ingredient it is not classed as an 'added sugar' in this instance and so the product may be permitted for vending provided it meets the remaining criteria. Move on to Step 2.

Step 2: Does the drink contain dairy products?

No: move on to Step 3.

Step 3: Is the drink product carbonated?

No: move on to Step 4.

Step 4: Is the product a pure fruit/vegetable juice and water blend?

Yes but the product is only 2% blackberry juice from concentrate and so is not permitted for vending.

Additional Guidance for Sugars

For the purposes of this Guidance 'added sugars' is defined as any mono- or disaccharide or any other food used for its sweetening properties. This would include, but is not exclusively limited to: sucrose, fructose, glucose, glucose syrups, fructose-glucose syrups, corn syrups, invert sugar, honey, maple syrup, malt extract, dextrose, fruit juices*, deionised fruit juices, lactose, maltose, high maltose syrups, Agave syrup, dextrin and maltodextrin.

* Fruit juices added for their sweetening properties only. Where the fruit juice is a defining ingredient, for example in an orange and apple juice drink, the presence of fruit juice is not classed as an added sugar. The product may therefore be vended provided it meets the requirements of the remaining criteria for hospital vending contained in this Guidance.

The sugars contained in dried fruit are assumed to be intrinsic and are not included as added sugars. The sugars in milk powder are not included as added sugars, in line with COMA dietary guidelines which deemed sugars in milk as a special case and did not set guidelines to limit their intake.

No added sugars are permitted in any drinks for hospital vending except for products listed below:

- flavoured milk
- milk based drinks such as hot chocolate
- yoghurt drinks
- dairy smoothies
- instant soups.

For the purposes of this Guidance, the level of added sugars in food products are high where they are more than or equal to 12.5g / 100g or more than or equal to 15g per portion.

If the nutritional breakdown provided by the food / drink manufacturer does not specify the amount of added sugars per 100g / per portion of the product you should contact the supplier who should be able to provide the information.

Alternatively, you may be able to evaluate the added sugars component of the product from the ingredients list but this will depend on the information the manufacturer has provided; see worked Example 7 below for guidance.

Food Example 5 – Using the ingredients list to determine the level of added sugar

Nutrient content (per 100g)

Fat (g)	Sat Fat (g)	Sugars (g)	Sodium* (g)	*Equivalent as salt (g)
7.3g	0.8g	40g	0.1g	0.25g

* To calculate the salt equivalent multiply sodium (g) by 2.5 (e.g. 0.1 x 2.5 = 0.25)

Ingredients List

Oats (32%), Apricots (20%), **Corn Syrup (20%)**, Raisins (15%), Sunflower seeds (6%), Sunflower Oil (2%)

*The added sugars in the ingredients list are shown in **red**. In this example, the manufacturer has provided the percentage breakdown of the ingredients and corn syrup makes up 20% of the product i.e. 20g/100g. The added sugars in this cereal bar are therefore more than 12.5g/100g and so would be classed as high for sugar.*