Based on the Center for Science in the Public Interest's model healthy checkout ordinance, this resource provides retailers guidance on implementing a healthy checkout policy. This is not an exhaustive list of all products in the market that meet or do not meet healthy checkout guidelines, but rather provides examples with reasoning for their inclusion.
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HEALTHY CHECKOUT GUIDELINES

Each large retail store shall at all hours during which the store is open to the public ensure that all foods and beverages displayed for sale in a checkout area meet the following standards:

- Beverages with no added sugars and no low- and no-calorie sweeteners.

- Food items with no more than 5 grams of added sugars or 200 milligrams of sodium per labeled serving.

- Food items must be in the following categories: fruit, vegetables, nuts, seeds, legumes, chewing gum and mints with no added sugars, yogurt, cheese, or whole grains.

Low-calorie and no-calorie sweeteners include:
Sucralose, stevia leaf extract, acesulfame potassium, sorbitol, monk fruit extract, aspartame, erythritrol, maltitol, allulose, xylitol, isomalt, neotame, mannitol, tagatose, lacitol, hydrogenated starch hydrolysate (HSH), and saccharin

Low-calorie and no-calorie sweeteners do not include:
fruit juice, natural flavors, citric acid

The first ingredient of each product determines its category.
MEETS STANDARDS

Any beverage with:

• no added sugars and
• no low- or no-calorie sweeteners

DOES NOT MEET STANDARDS

Any beverage with

• added sugars or
• low- or no-calorie sweeteners

Beverages

CONTAINS 60% JUICE

Nutrition Facts
1 serving per container
Serving size 8.4 fl oz (248mL)

Amount Per Serving
Calories 70

% Daily Value
Total Fat 0g 0%
Sodium 10mg 0%
Total Carbohydrate 16g 6%
Total Sugars 15g
Includes 0g Added Sugars 0%
Protein 0g

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: SPARKLING WATER, APPLE JUICE CONCENTRATE, CLARIFIED PINEAPPLE JUICE CONCENTRATE, POMEGRANATE JUICE CONCENTRATE, CRANBERRY JUICE CONCENTRATE, NATURAL FLAVOR, CITRIC ACID, CARROT JUICE CONCENTRATE, BLUEBERRY JUICE CONCENTRATE.

Nutrition Facts
1 serving per container
Serving size 1 Bottle

Amount per serving
Calories 240

% Daily Value
Total Fat 0g 0%
Sodium 75mg 3%
Total Carbohydrate 66g 24%
Total Sugars 65g
Includes 65g Added Sugars 130%
Protein 0g

* Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.
BEVERAGES (NATURALLY FLAVORED WATER)

Hint Watermelon Water
Brand: Hint Water
Parent company: Hint Water Inc.
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Deer Park Triple Berry Sparkling Water
Brand: Deer Park
Parent company: Nestle
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Spindrift Pink Lemonade Water
Brand: Spindrift
Parent company: Spindrift
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Bubly Grapefruit Sparkling Water
Brand: Bubly
Parent company: PepsiCo.
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Photos: Drinkhint.com, deerparkwater.com, drinkspindrift.com, bubly.com
### BEVERAGES (COCONUT WATER, JUICE, MILK, SMOOTHIES)

<table>
<thead>
<tr>
<th>Beverage</th>
<th>Brand</th>
<th>Parent company</th>
<th>Added sugars per serving</th>
<th>Sodium per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vita Coco Peach and Mango Coconut Water</strong></td>
<td>The Vita Coco Company</td>
<td>All Market Inc.</td>
<td>0 g</td>
<td>85 mg</td>
</tr>
<tr>
<td><strong>Tropicana Zero Sugars Summer Splash Punch</strong></td>
<td>Tropicana</td>
<td>PepsiCo.</td>
<td>0 g</td>
<td>25 mg</td>
</tr>
<tr>
<td><strong>Horizon Organic Lowfat Milk</strong></td>
<td>Horizon Organic</td>
<td>Danone</td>
<td>0 g</td>
<td>130 mg</td>
</tr>
<tr>
<td><strong>Naked Smoothie Mighty Mango</strong></td>
<td>Naked Juice Co.</td>
<td>PepsiCo.</td>
<td>0 g</td>
<td>20 mg</td>
</tr>
</tbody>
</table>

Photos: vitacoco.com, tropicana.com, horizon.com, nakedjuice.com
BEVERAGES (DO NOT MEET STANDARDS)

Pure Leaf Raspberry Sweet Tea
Serving has 46 grams of added sugars

Mountain Dew
Serving has 77 grams of added sugars

Diet Pepsi
Contains aspartame (a no-calorie sweetener)

Nesquik Chocolate Milk
Serving has 18 grams of added sugars

Photos: pureleaf.com, mountaindew.com, pepsi.com, goodnes.com
FRUIT

MEETS STANDARDS

- Any fruit or fruit product with no more than 200 mg of sodium per serving
- Any fruit or fruit product with no more than 5 grams of added sugars per serving
- Fruit must be the first ingredient

DOES NOT MEET STANDARDS

- Any fruit or fruit product more than 200 mg of sodium per serving
- Any fruit or fruit product with more than 5 grams of added sugars per serving
- A fruit product where fruit is not the first ingredient

Includes: whole fruit, sliced fruit, dried fruit, fruit bar, flavored fruit, fruit and yogurt bites, fruit pouch, smoothies

Nutrition Facts
12 servings per container
Serving size 1 Bar (35g)

Calories 100

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:
- Corn syrup, sugar, modified corn starch, pear juice concentrate, apple juice concentrate, strawberry puree, carrot juice concentrate, contains 2% or less of: fruit pectin, citric acid, vitamin C (ascorbic acid), dextrose, sodium citrate, malic acid, potassium citrate, sunflower oil*, vegetable and fruit juice added for color, natural flavor, carnauba wax. *adds a trivial amount of fat.

MODIFIED CORN STARCH, PEAR JUICE CONCENTRATE, APPLE JUICE CONCENTRATE, STRAWBERRY PUREE, CARROT JUICE CONCENTRATE, CONTAINS 2% OR LESS OF: FRUIT PECTIN, CITRIC ACID, VITAMIN C (ASCORBIC ACID), DEXTROSE, SODIUM CITRATE, MALIC ACID, POTASSIUM CITRATE, SUNFLOWER OIL*, VEGETABLE AND FRUIT JUICE ADDED FOR COLOR, NATURAL FLAVOR, CARNABIA WAX. *ADD A TRIVIAL AMOUNT OF FAT.

That’s it! 12 STRAWBERRIES IN THIS FRUIT BAR.

100% NON-GMO. NO SUGAR ADDED.

INGREDIENTS:
- Corn syrup, sugar, modified corn starch, pear juice concentrate, apple juice concentrate, strawberry puree, carrot juice concentrate, contains 2% or less of: fruit pectin, citric acid, vitamin C (ascorbic acid), dextrose, sodium citrate, malic acid, potassium citrate, sunflower oil*, vegetable and fruit juice added for color, natural flavor, carnauba wax. *adds a trivial amount of fat.

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FRUITS (WHOLE FRUIT, SLICED FRUIT)

Apple
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Banana
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 1 mg

Blueberries
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 1 mg

Sliced Pineapple
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 1 g

Photos: pixabay.com (Pexels, jgpelaya, elizadean, security)
FRUITS (DRIED)

Bare Baked Crunchy Apple Chips
Brand: Bare Snacks
Parent company: PepsiCo.
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Mariani Dried Apricots
Brand: Mariani
Parent company: Mariani
Added sugars per serving: 0 g
Sodium per serving: 25 mg

Sunsweet Amazin' Pitted Dried Prunes
Brand: Sunsweet
Parent company: Sunsweet Growers Incorporated
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Sun-Maid Sour Watermelon Golden Raisin
Brand: Sun-Maid
Parent company: Sun-Maid
Added sugars per serving: 0 g
Sodium per serving: 5 mg

Photos: baresnacks.com, mariani.com, sunsweet.com, sunmaid.com
FRUITS (BARS, YOGURT BITES, POUCH)

That's It! Apple and Strawberry Bar
Brand: That's it. Fruit
Added sugars per serving: 0 g
Sodium per serving: 30 mg

Pure Organic Pineapple & Passion Fruit Layered Fruit Bar
Brand: Pure Organic
Parent company: Kellogg's
Added sugars per serving: 4 g
Sodium per serving: 0 mg

Wymans Just fruit and Greek Yogurt Bites
Brand: Wyman's
Parent company: Wyman's
Added sugars per serving: 3 g
Sodium per serving: 10 mg

GoGo Squeez Apple Pear Pouch
Brand: GoGo Squeez
Parent company: Materne North America
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Photos: thatsitfruit.com, pureorganic.com, wymans.com, gogosqueez.com
FRUITS (DO NOT MEET STANDARDS)

Ocean Spray Craisins Dried Cranberries Cherry

Serving has 26 grams of added sugars

Motts Fruit Medleys Berry

Serving has 9 grams of added sugars and the first ingredient is corn syrup

Welch's Zero Sugars Mixed Fruit

First ingredient is not fruit

Smart Sweets Sourmelon Bites

First ingredient is not fruit

Photos: oceanspray.com, motts.com, welchsfruitsnacks.com, smartsweets.com
VEGETABLES

MEETS STANDARDS

- Any vegetable or vegetable product with no more than 200 mg of sodium per serving
- Any vegetable or vegetable product with no more than 5 grams of added sugars per serving

DOES NOT MEET STANDARDS

- Any vegetable or vegetable product with more than 200 mg of sodium per serving
- Any vegetable or vegetable product with more than 5 grams of added sugars per serving
VEGETABLES (WHOLE, SLICED)

Carrots
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Cherry Tomatoes
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Celery
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Cucumber
Brand: N/A
Parent company: N/A
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Photos: pixabay.com (voltamax, joshuabradley6920, repuclica, monika1607)
VEGETABLES (CHIPS, FREEZE DRIED)

Popchips Potato Chips
Brand: Popchips, Inc.
Parent company: Velocity Snack Brands
Added sugars per serving: 0 g
Sodium per serving: 150 mg

Gimme Teriyaki Seaweed Snacks
Brand: Gimme Health Foods Inc.
Parent company: Gimme Health Foods Inc.
Added sugars per serving: 0.5 g
Sodium per serving: 50 mg

Frito-Lay Harvest Cheddar Sun Chips
Brand: Frito-Lay
Parent company: PepsiCo, Inc
Added sugars per serving: 2 g
Sodium per serving: 170 mg

Concord Fresh Success Corn & Roasted Red Bell Pepper
Brand: Concord Foods
Parent company: Concord Foods
Added sugars per serving: 0 g
Sodium per serving: 190 mg

Photos: popchips.com, gimmeseaweed.com, sunchips.com, concordfoods.com
VEGETABLES (DO NOT MEET STANDARDS)

Kettle Brand Sea Salt & Vinegar Potato Chips
Serving has 280 mg of sodium

Ruffles Baked Cheddar & Sour Cream
Serving has 250 mg of sodium

Herr's Salt and Vinegar
Serving has 490 mg of sodium

Herr's Barbeque Potato Chips
Serving has 290 mg of sodium

Photos: kettlebrand.com, fritolay.com, shop.herrs.com
NUTS  Includes: packaged nuts, nut butters

MEETS STANDARDS

• Any nut or nut product with no more than 200 mg of sodium per serving
• Any nut or nut product with no more than 5 grams of added sugars per serving

DOES NOT MEET STANDARDS

• Any nut or nut product with more than 200 mg of sodium per serving
• Any nut or nut product with more than 5 grams of added sugars per serving

Photos: bluediamond.com, sahalesnacks.com
NUTS (NUTS, NUT BUTTERS)

Emerald Dry Roasted Almonds
Brand: Emerald Nuts
Parent company: Diamond Foods, Inc.
Added sugars per serving: <1 g
Sodium per serving: 125 mg

Planters NUT-rition Healthy Heart Mix
Brand: Planters Nut and Chocolate Company
Parent company: Hormel
Added sugars per serving: 0 g
Sodium per serving: 55 mg

Wonderful Pistachios Roasted and Salted
Brand: The Wonderful Company
Parent company: The Wonderful Company
Added sugars per serving: 0 g
Sodium per serving: 135 mg

Justin's Classic Almond Butter
Brand: Justin's
Parent company: Hormel
Added sugars per serving: 0 g
Sodium per serving: 10 mg

Photos: emeraldnuts.com, planters.com, wonderfulpistachios.com, justins.com
Emerald Glazed Pecans
Serving has 8 g added sugars

Blue Diamond Smokehouse Almonds
Serving has 230 mg of sodium

Sahale Pomegranate Vanilla Flavored Cashews
Serving has 7 g added sugars

Photos: karsnuts.com, emeraldnuts.com, bluediamondstore.com, sahalesnacks.com
Any seed or seed product with no more than 200 mg of sodium per serving

Any seed or seed product with no more than 5 grams of added sugars per serving

NOTE: CHOCOLATE SHOULD NOT BE CONSIDERED A SEED
LEGUMES

**MEETS STANDARDS**

- Any legume or legume product with no more than 200 mg of sodium per serving
- Any legume or legume product with no more than 5 grams of added sugars per serving

**DOES NOT MEET STANDARDS**

- Any legume or legume product with more than 200 mg of sodium per serving
- Any legume or legume product with more than 5 grams of added sugars per serving
LEGUMES (SNACKS, PEANUTS, PEANUT BUTTERS)

Bada Bean Bada Boom Garlic Onion Crunchy Broad Beans
Brand: Enlightened
Parent company: Beyond Better Foods
Added sugars per serving: 1 g
Sodium per serving: 180 mg

Harvest Snaps Baked Green Pea Snacks
Brand: Harvest Snaps
Parent company: Calbee America
Added sugars per serving: 0 g
Sodium per serving: 75 mg

Planter's Salted Peanuts
Brand: Planters Nut and Chocolate Company
Parent company: Hormel
Added sugars per serving: 0 g
Sodium per serving: 95 mg

JIF Creamy Peanut Butter Package
Brand: JIF
Parent company: J.M Smucker CoCompany
Added sugars per serving: 3 g
Sodium per serving: 180 mg

Photos: badabeansnacks.com, harvestsnaps.com, planters.com, jif.com
LEGUMES (DO NOT MEET STANDARDS)

Clif Bar Peanut Butter Nut Butter Bar
Serving has 6 g of added sugars

Payday Candy Bar
Serving has 20 g of added sugars

Planters Heat Peanuts
Serving has 300 mg of sodium

Goldenberg's Peanut Chews
Serving has 23 g of added sugars
DAIRY

MEETS STANDARDS

• Any dairy product with no more than 200 mg of sodium per serving

• Any dairy product with no more than 5 grams of added sugars per serving

DOES NOT MEET STANDARDS

• Any dairy product with more than 200 mg of sodium per serving

• Any dairy product with more than 5 grams of added sugars per serving

Includes: yogurt and cheese
Oikos Pro Peach Cultured Ultra Filtered Yogurt
Brand: Oikos
Parent company: Danone
Added sugars per serving: 0 g
Sodium per serving: 45 mg

Two Good Coconut Greek Yogurt
Brand: Two Good Greek Yogurt
Parent company: Danone
Added sugars per serving: 0 g
Sodium per serving: 35 mg

Siggi's Strawberry Banana Lowfat Yogurt Pouch
Brand: Siggi's
Parent company: Lactalis
Added sugars per serving: 4 g
Sodium per serving: 20 mg

Land O Lakes Reduced Fat Cheese Mild Cheddar
Brand: Land O Lakes
Parent company: Dean Foods
Added sugars per serving: 0 g
Sodium per serving: 190 mg
DAIRY (DO NOT MEET STANDARDS)

Raspberry Noosa Yogurt
Serving has 17 grams of added sugars

Dannon Strawberry Fruit on the Bottom Yogurt
Serving has 15 g of added sugars

Yoplait Original Harvest Peach Yogurt
Serving has 14 g of added sugars

Good Culture Simply Pineapple Cottage Cheese
Serving has 390 mg of sodium

Photos: noosayoghurt.com, dannon.com, yoplait.com, goodculture.com
WHOLE GRAINS

MEETS STANDARDS

• Any whole grain product with no more than 200 mg of sodium per serving

• Any whole grain product with no more than 5 grams of added sugars per serving

DOES NOT MEET STANDARDS

• Any whole grain product with more than 200 mg of sodium per serving

• Any whole grain product with more than 5 grams of added sugars per serving

Includes: popcorn, granola bars, more than night oats, whole wheat crackers

Photos: boomchickapop.com, nutrigrain.com
WHOLE GRAINS (POPCORN, GRANOLA BARS, MORE THAN NIGHT OATS, WHOLE WHEAT CRACKERS)

Smartfood Flamin Hot
Brand: Smartfood
Parent company: Frito-Lay
Added sugars per serving: 0 g
Sodium per serving: 200 mg

Cascadian Farm Organic Blueberry Vanilla Chewy Bars
Brand: Cascadian Farm Organic
Parent company: General Mills
Added sugars per serving: 0 g
Sodium per serving: 40 mg

MUSH Apple Cinnamon
Brand: MUSH
Parent company: MUSH
Added sugars per serving: 0 g
Sodium per serving: 120 mg

Nabisco Original Wheat Thins Whole Wheat Crackers
Brand: Wheat Thins
Parent company: Nabisco
Added sugars per serving: 4 g
Sodium per serving: 190 mg

Photos: smartfood.com, cascadianfarm.com, eatmush.com, mondelezinternationalfoodservice.com
WHOLE GRAINS (DO NOT MEET STANDARDS)

KIND Breakfast Peanut Butter Bar
Serving has 6 grams of added sugars

Cracker Jack Original Popcorn and Peanut Caramel Coated
Serving has 17 g of added sugars

Nature Valley Cinnamon Brown Sugars Soft Baked Oatmeal Squares
Serving has 8 g of added sugars

Ritz Bitz Sandwiches
Serving has 210 mg of sodium

Photos: kindsnacks.com, fritolay.com, naturevalley.com, snackworks.com
GUM AND MINTS

MEETS STANDARDS

- Any gum or mint with no added sugars.

DOES NOT MEET STANDARDS

- Any gum or mint with added sugars.
GUMS AND MINTS

Pur Peppermint Sugars-Free Mints
Brand: The Pur Company
Parent company: The Pur Company
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Mentos Cleanbreath Intense Mints Intense Peppermint
Brand: Mentos
Parent company: Perfetti Van Melle
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Orbit Bubblemint Sugarfree Chewing Gum
Brand: Orbit
Parent company: Wrigley Company
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Trident Tropical Twist Sugars-Free Gum
Brand: Trident
Parent company: Cadbury, Mondelez International
Added sugars per serving: 0 g
Sodium per serving: 0 mg

Photos: thepurcompany.com, us.mentos.com, orbitgum.com, mondelezinternational.com
GUMS AND MINTS (DO NOT MEET STANDARDS)

Simply Mints Peppermint
Serving has added sugars

Tic-Tac Fruit Adventure Mints
Serving has added sugars

Bubble Yum Original
Serving has added sugars

Juicy Fruit Original Bubble Gum
Serving has added sugars

Photos: simplygum.com, tictac.com, hersheyland.com, amazon.com