

## Healthy Vending Machine Options

Believe it or not, snacking is an essential part of healthy eating. Snacking helps us to sustain energy levels throughout the day and helps us ensure we are meeting all our nutritional requirements. Often, we turn to vending machines to fill the gap between meals. Unfortunately, too often we find ourselves turning to convenience foods, like chocolate bars or chips, to get us through the mid-day slump. This causes blood sugar levels to rise but then crash shortly afterwards and add unnecessary excess calories to our day. Are the items being offered in your workplace vending machines providing enough healthy options? Here are some suggestions to improve the quality of your snack offerings:

### Healthy Options for Refrigerated Vending Machines:

- Low-fat yogurt cups
- Fresh fruit
- Veggie sticks with dip
- Prepared green salads with low-fat dressing
- 1% or skim milk
- Water
- 100% Pure, Not from Concentrate fruit or vegetable juice
- Sandwiches made with whole grain bread, vegetables, lean meats, fish, lower-fat cheese and little or no mayo, margarine or butter
- Canned fruit (in juice)
- Low-fat cottage cheese with fruit

### Healthy Options for Non-Refrigerated Vending Machines:

- Trail mix
- Nuts/Seeds
- Whole-grain crackers/pretzels
- Dried fruit
- Low-fat granola bars
- Energy bars (Clif or Luna bars are a good option)
- Fig Newtons
- Graham Crackers
- Plain, instant oatmeal packets
- Packets containing whole-grain crackers and hummus

