

Fending at the vending machine



Most vending machines are full of foods that are high in saturated fat, salt and sugar. Before you visit the vending machine, be sure it is your only option for lunch or a snack that day. It can be very challenging (though not impossible) to find healthier options.

Some good choices can include:

- Nuts
- Fresh fruit
- Dried fruit
- Choose pretzels over potato chips
- Baked chips over tortilla or potato chips
- Plain crackers over crackers and cheese
- Small serving sizes
- Individual hard candies over large candy bars
- Oatmeal cookies, fruit cookies and wafers over chocolate chip or crèmed-filled cookies
- Fruit bars and popsicles over ice cream sandwiches
- Water, low-fat or fat-free milk, unsweetened ice tea or coffee
- 2% or skim milk for coffee and tea instead of liquid or powdered cream
- Low-sodium (low salt) vegetable juice

If you find that you or your co-workers are using the vending machine often, ask your employer to encourage the company that stocks your vending machines to offer healthier choices at a reasonable cost.

