Vending Machines Do’s & Don’ts

Whether in your office or at your child’s school, vending machines make WHOA foods highly accessible. Here are some tips to help make healthy decisions.

Try These:

- **Baked potato chips**: Brands like Lay’s boast four grams of fiber!
- **Sunflower kernels or nuts**: Nuts are loaded with healthy fats and are generally high in protein.
- **Original Sun Chips**: They are made with whole grains!
- **Quaker low-fat chocolate chunk granola bar**: This low calorie option will satisfy any sweet tooth.

Avoid:

- **Fruit pies**: They are loaded with sugar and trans fats.
- **Snack cakes**: They contain around 21 grams of sugar or more, and have a very high fat content.
- **Cheese crackers with cheddar cheese**: These have around 210 calories and contain a high amount of trans fats.

GOAL: Pack healthy snacks in small “snack size” plastic baggies. Send them to school with your children or take them to work with you.