

Cut Back Your Snack Attacks

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According to the National Automatic Merchandising Association, in 2004, Americans spent more than \$21 billion buying food and beverages from vending machines.

Healthy Alternative Vending Machine Choices

The average American works about eight to ten hours a day and studies have shown that about 15% of workers don't even have time to take a lunch break. This means that the vending machine is often their easiest choice for a quick pick-me-up.

Vending machines are loaded with foods that are high in fat and calories. It can be hard to make healthy choices when purchasing items from a vending machine. A few simple tips can help you make the most out of your vending machine purchases.

Good Vending Machine Snacks

- **Pretzels** - make a filling yet low fat snack
- **Baked chips** - taste good, and are also are lower in fat and calories than regular potato chips
- **Chewing gum** - can help curb your appetite and cravings
- **Sunflower seeds or other nuts** - great choices, but watch sizes: a normal serving of nuts is 1 ounce; most vending machine packages are 2 ounces
- **Animal crackers** - low in fat
- **Twizzlers** - contain lots of sugar but are low in fat and satisfy a sweet tooth
- **Sweet and salty mixes** - if they're mostly nuts and raisins
- **Crackers** - but they're often high in sodium
- **LifeSavers** - a great choice if you're craving something sweet
- **Popcorn** - especially lower-fat, single-serving bags



Not-So-Good Vending Machine Snacks

- **Doughnuts** - high in fat content
- **Pop Tarts and similar pastries** - high in calories
- **Chips** - choose baked if you have to have chips
- **Candy bars** - never a good idea but if you must, try one with nuts for some protein content

Here are some suggestions for foods to keep on hand at work for those days when you don't have time for lunch:

- **Dry cereal**
- **Dried fruit**
- **Crackers** (preferably whole-wheat and low-fat)
- **Nuts**
- **Small jar of peanut butter**
- **Fruit cups**

All of these tips can help you to make healthier choices when deciding what **you** will snack on.

Source: www.Forbes.com and WOTP News