

Choose Healthy at the Vending Machine

You see them in schools, work places, airports, playgrounds and malls. Vending machines are everywhere. They offer everything from drinks to sandwiches and snacks. Although vending machines are difficult to avoid, it is possible to make healthy selections:

INSTEAD OF...	CHOOSE...
High-calorie snacks with little nutritional value	Fresh fruit, a fruit cup, low-fat yogurt or string cheese
Chips	Animal crackers, low-fat popcorn or low-fat snack mixes
Candy bars	Granola bars made with unsaturated fat
Hard candy	Raisins, nuts, seeds or dried fruit
Pop or high-sugar drinks	Water, low-fat milk or 100% fruit and vegetable juices

If a vending machine you frequently visit offers mostly junk food, consider making a request for more healthy options. Your body will be glad you did!



WE'LL GIVE YOU AN EDGESM

Principal Wellness Company, (800) 354-1721, www.principal.com/wellness

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