

Vending Machine Do's and Don'ts

Nearly anyone who has ever gazed over the rows of brightly colored packages and deposited the right combination of coins and bills into a vending machine has noticed that most of the choices are unhealthy. Lurking in the back of offices and schools, vending machines wait for people weakened by hunger pangs to come, change jingling in their pockets. As most students and office workers know, making healthy choices is a difficult task, especially when hungry. A morning spent in meetings and hours at the computer make that Snickers bar hard to avoid--as if being tasty didn't make that hard enough. Next time you want to push D6 for that Little Debbie cake, consider some of the following healthier options.



Instead of...	Try this...
Combos Cheddar cheese 240 calories	Nacho Cheese Doritos 150 calories
Original Sun Chips 210 calories	Baked Lays 110 calories
Double Decker Oatmeal Pie 470 calories	Rice Krispies Treat 150 calories
Mrs. Field's Chocolate Chip Cookie 330 calories	Milano Cookies (1 package) 180 calories
Twix (1 package) 280 calories	Kit Kat (1 package) 220 calories
Brown sugar and cinnamon Pop-Tarts (1 package) 420 calories	Kraft Cinnamon Bagel-fuls(1) 200 calories
Sugar Wafer (1 package) 400 calories	Vanilla Crème Cookies (1 package) 170 calories
Corn Chips 160 calories	Pretzels 110 calories