

Healthy Vending: Recommended Beverages & Snacks

Read food labels to find other beverages and snacks that meet these guidelines and would be good choices for vending machines.

RECOMMENDED Beverages

Water, non-carbonated calorie-free flavored water, fruit juices with 100% fruit juice, sports drinks, 1% fat or skim milk.

Examples:

- ▶ Dasani Water
- ▶ Aquafina Water
- ▶ Fruit₂0
- ▶ Fruit₂0 Plus
- ▶ Gatorade (12 oz)
- ▶ Powerade (12 oz)
- ▶ Propel
- ▶ 1% or skim milk –
 - white and flavored

Juices that are 100% fruit juice. Examples: (12 oz or less servings)

- ▶ Minute Maid Juices to Go –
 - orange
 - orange blend
 - apple
 - white grapefruit
- ▶ Minute Maid Juice Boxes –
 - all varieties
- ▶ Mott's Juice –
 - orange
 - apple
- ▶ Treetop Juice –
 - apple
 - grape
- ▶ Dole Pineapple Juice
- ▶ Juicy Juice – all varieties
- ▶ Tropicana Juice –
 - orange
 - apple
 - grape
 - orange pineapple
- ▶ Welch's Grape Juice
- ▶ Very Fine 100% Juices –
 - apple
 - orange
 - grape
 - grapefruit
- ▶ V8 Juice

RECOMMENDED Snacks

THE BEST

In 1 to 1 1/2 ounce servings, these snack foods are low or moderate in fat, have less than 30 grams of carbohydrate and less than 360 mg of sodium. They are also a good source of at least one nutrient and contain fiber.

- ▶ Fruit – fresh, canned, dried
- ▶ Breakfast Bars/Cereal Mixes, examples:
 - General Mills Chex Morning Mix – all varieties
 - General Mills Milk 'n Cereal Bars – Cheerios, Cocoa Puffs
 - General Mills Nature Valley Chewy Granola Bars – yogurt coated varieties
 - Kellogg's Nutra Grain Cereal Bars – all varieties
 - Kellogg's Nutra Grain Twists – Apple Cobbler, Cappucino and Cream
 - Kellogg's Nutra Grain Yogurt Bars – all varieties
 - Quaker Oats Fruit and Oatmeal Bars – all varieties
- ▶ Nuts – all varieties
- ▶ Sunflower Seeds

NEXT BEST

In 1 to 1 1/2 ounce servings, these snack foods are low or moderate in fat, have less than 30 grams of carbohydrate, less than 360 mg of sodium, and are a source of nutrient(s) or contain fiber.

- ▶ Breakfast Bars, examples:
 - General Mills Nature Valley Chewy Trail Mix Bars – Fruit and Nut, Apple Cinnamon
 - General Mills Nature Valley Crunchy Granola Bars – all varieties
 - Keebler Journey Bars – Apple Cinnamon, Peanut Butter Fudge
 - Quaker Oats Chewy Granola Bars – all varieties
- ▶ Crackers/Cookies, examples:
 - Keebler Animal Crackers
 - Kellogg's Rice Krispies Treats – Original
 - Nabisco Fig Newtons
 - Nabisco Teddy Grahams – all varieties
- ▶ Baked Chips and Pretzels, examples:
 - Frito Lay Baked Doritos – Cooler Ranch, Nacho Cheesier
 - Frito Lay Baked Ruffles Potato Crisps – all varieties
 - Frito Lay Baked Lays Potato Crisps – all varieties
 - Rolled Gold Honey Braid Pretzel Twists
 - Snyder Sour Dough Pretzels

Packaging makes a difference! If packages contain more than one serving (1 to 1 1/2 ounces), calories, fat, carbohydrates and sodium will be higher.

■ Nuts and seeds are included in the “best” choices even though they are high in fat. They contain monounsaturated fat which may help lower “bad” LDL cholesterol and maintain “good” HDL cholesterol.

■ Fruit in any form (canned, fresh, dried) is not restricted by carbohydrate standards because it provides vitamins, minerals, fiber and other nutrients that are beneficial to an overall balanced diet.