



VENDING MACHINES—USING THE RIGHT SENSE!

We all know the lure of the vending machine. The fancy packages are there to tempt us when hunger strikes. Unfortunately, this easy way to get a snack can often give you more than you bargained for on your waistline.

Many of the foods inside a vending machine are calorie dense and loaded with sugar, fat and sodium, not to mention the artery-clogging trans and saturated fats. The more often you depend on foods from them, the more stringent you need to be when making your choice about which buttons to push. Here are some tips to help you.



1. Make your own vending machine drawer at work! Keep healthful, shelf stable items such as bottled water, dried fruits, whole-grain cereal boxes, trail mix or canned fruits.
2. Keep a log of when you buy something from the vending machine and what you eat (including calories)! This will help you be aware of what you are consuming.
3. Give yourself a vending budget and stick to it! Try not to keep loose change around or limit the amount you carry.
4. Be familiar with the following list so you know what to choose and skip . . .

BEST CHOICES - nuts, dried fruits, canned fruit, trail mix, pretzels, baked chips or crackers, bottled water, diet soda, skim milk

WORST CHOICES - high fat cookies, candy bars, chips, snack cakes, high fat crackers and sandwich crackers, sugared soda, punch and whole milk



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