Healthier Options: Healthy Vending at Work

Why Healthy Food in Vending Machines?

- We're eating 50% of our meals away from home and it can be hard to find healthy options in the common places we go for snacks
- Most vending machine items are high in fat, sugar and salt and are highly processed
- With Healthy Vending, we can easily choose snacks with great taste, crunch, and the natural sweetness of whole foods

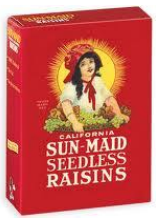
Healthy Vending at Work

- Two new categories of food: Healthiest and Healthier
- 50% of the snacks in the City vending machines will be in these two categories. Here is a chart that compares usual vending items (Limited category) with those found in a Healthy Vending machine

	HEALTHIEST	HEALTHIER	LIMITED
Fat	Baby carrots 0%	Baked chips 14%	Regular chips 56%
Sugar	Dried fruit 9 grams	Fruit in light syrup 16 grams	Fruit gummies 29 grams
Salt	Nuts 0 mg	Nuts 75 mg	Nuts with oil 370 mg

http://www.kingcounty.gov/healthservices/health/nutrition.aspx

Examples healthy snacks and beverages that will be offered in the vending machine*



Dried fruit

Baked chips

Nuts

Whole grain granola bars

Unsweetened drinks

* The snacks and beverages depicted here are for example only; these exact brands may not be available in your machines