

What are Healthy Choices for Vending Machines?

Food and Beverage Group	Recommended Foods & Beverages
<p>Grain Products</p> <p><i>Choose whole grain and enriched products more often.</i></p>	<ul style="list-style-type: none"> • Grain based bars • Muffins • Snack breads • Crackers
<p>Vegetables and Fruit</p> <p><i>Choose dark green and orange vegetables and fruit more often.</i></p>	<ul style="list-style-type: none"> • Fresh whole fruit • Canned fruit or 100% fruit sauces • Fresh Vegetables (with low fat dip) • 100% dried fruit • 100% fruit juices • Vegetable juice (low in sodium)
<p>Milk and Milk Products</p> <p><i>Choose lower-fat milk products more often.</i></p>	<ul style="list-style-type: none"> • Yogurt • Cheese • Milk Puddings • Milk / Chocolate Milk • Yogurt based drinks • Fortified Soy beverages
<p>Meat and Alternatives</p> <p><i>Choose leaner meats, poultry and fish; as well as dried peas, beans and lentils more often.</i></p>	<ul style="list-style-type: none"> • Nuts • Beef Jerky • Pepperoni • Ready to eat Legumes (plain, uncoated)
<p>Other Foods</p>	<ul style="list-style-type: none"> • Pretzels • Plain popcorn or Smartpop • Baked chips