

SATISFYING VENDING MACHINE SNACKS



Whether you're having a hectic work week or you just forgot your lunch at home, finding healthy, convenient snacks can be tough. Many snacks can be full of salt and saturated fat, or might appear healthy but are actually stuffed with sugar. It's always your best bet to pack your own snacks, but if you're in a pinch, there are a few things you can pick out of a vending machine that will keep you healthy and satisfied.

FOOD

Nuts:

- These are a classic snack option. All nuts provide healthy fats and protein, and are great for keeping your brain going. Choose roasted nuts for maximum crunch, and try not to go too heavy on the salt. Just remember that nuts are calorie dense, so watch your portion size!

Protein bars:

- True, many bars are full of sugar and unpronounceable ingredients, but there are also many that are made from ten ingredients or fewer. And on days when time seems to disappear, they're an easy alternative to chips. Brands like Larabar, Quest, and KIND all use simple, clean ingredients. If you can, check labels for added sugar to see just how nutritious a bar is.

Trail mix:

- Despite being high in fat and calories, the right trail mix can be a beneficial snack option in a healthy weight loss program. Contrary to popular belief, ingredients like raw nuts, raw seeds, and unsweetened dried fruits are not associated with weight gain. The best trail mix combinations are ones that will please your taste buds while helping reduce appetite and increase feelings of fullness.

Jerky:

- Jerky is a lean source of protein and high in many vitamins and minerals such as zinc, iron, vitamin B12, phosphorus, and folate. One ounce of jerky provides 9 grams of protein — which can be a great way to stay full and energized throughout the day. It can have a higher sodium content, so keep that in mind!

Baked chips or popcorn:

- Baked chips or a whole grain like popcorn can help satisfy a salty craving. They will also provide a larger volume of food for less calories than their counterparts.

BEVERAGES

Water:

- **The human body is about 60% water, so it's safe to say that it's pretty darn important. Water can give you a leg up by aiding in calorie control, appetite management, and hydration.**