

HEALTHY HABITS

FOR FAMILIES



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THE CHILDREN'S CENTER



PARRISH
MEDICAL CENTER

Parent Tip Sheet #19

Vending Machines **Do's** & **Don'ts**

Whether in your office or at your child's school, vending machines make WHOA foods highly accessible. Here are some tips to help make healthy decisions.

Try These:

- Baked potato chips: Brands like Lay's boast four grams of fiber!
- Sunflower kernels or nuts: Nuts are loaded with healthy fats and are generally high in protein.
- Original Sun Chips: They are made with whole grains!
- Quaker low-fat chocolate chunk granola bar: This low calorie option will satisfy any sweet tooth.

Avoid:

- Fruit pies: They are loaded with sugar and trans fats.
- Snack cakes: They contain around 21 grams of sugar or more, and have a very high fat content.
- Cheese crackers with cheddar cheese: These have around 210 calories and contain a high amount of trans fats.



GOAL: Pack healthy snacks in small "snack size" plastic baggies. Send them to school with your children or take them to work with you.

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