



4 Tips to Eating Healthy at Work

1 Chips
Baked chips have about as many calories as regular potato chips because they replace fat with more potato or flour.

Best Option-Soy Chips!

They have four times the protein and five times the fiber. Soy chips may have the same amount of calories but you will feel fuller, longer.

2 Popcorn
Best Option-Air-popped Popcorn!
If you have a craving for salty and crunch, popcorn is the answer. Popcorn is a whole grain, so you get fiber. Air-popped is the healthiest choice but even white cheddar has less fat, calories and sodium than regular potato chips.

3 Cookies
Low fat labels can be misleading. These products make up for fat with calories.

Best Option-Oatmeal!

Consider oatmeal flavored cookies because they provide the most nutrition and are made with whole grain.

4 Candy
Candy doesn't provide much nutrition, but sometimes you need to satisfy your sweet tooth.

Best Option-Nuts & Dark Chocolate!

Choose candy that includes nuts, which are heart healthy and will fill you up so you feel more satisfied.

For chocolate lovers, choose dark chocolate. It feels more indulgent and will satisfy your craving.

Workplace Wellness

What is the Role of Vending?

Workplaces across America are adapting wellness programs to motivate employees to live healthier lifestyles, which in return reduces the company's healthcare claims. Employers are creating programs to give incentives to employees to increase daily exercise, quit bad habits and encourage healthier eating.

The best way to kick off an employee wellness program is to offer healthy vending choices. Vending machines are the most accessible and convenient way to purchase food at the workplace. Offering several healthy options works hand-in-hand to support any wellness program.

Healthy foods are demanded by healthy people. In order to get your employees into top shape, the effort starts with the company. For more information about adding healthy products to your vending program, please contact National Vending.