

VEND

For Yourself

It can be tempting to grab a candy bar or cookie when your body is craving a snack - especially when you're on the go. But you know that eating a diet rich in fruits and vegetables is good for you.

Allow yourself to indulge once in awhile... just try to take small steps to choose more of the healthiest snacks and less of the rest. It can be just as quick and satisfying to select a juicy apple when sweet is the flavor you long for, or a bottle of 100% juice if you're thirsty. Smart snacking, like any decision to improve your diet, is a choice that requires thought, planning and will power.

What's In Your Snack?

Chocolate Chip Cookie, 1 large



196 calories
2 g protein
10 g fat
26 g carbohydrate

Candy Bar (Snickers, 4 ounce size)



528 calories
10 g protein
22 g fat
73 g carbohydrate
Share with a friend!

Water



0 calories
Priceless -helps to maintain all bodily functions

Apple, medium



95 calories
0 g protein
0 g fat
21 g carbohydrate
4.4 g fiber - helps you feel full with few calories

Potato Chips, small 1 ounce bag (10 chips)



155 calories
2 g protein
11 g fat
14 g carbohydrate
Watch out for sodium content

Fruit Juice, 8 ounces 100% orange juice



110 calories
2 g protein
0 fat
25 g carbohydrate
Make sure your drink is 100% juice and not a fruit drink loaded with sugar

Raisins, 1.5 ounce box



129 calories
1 g protein
0 g fat
31 g carbohydrate
2 g fiber
Nature's candy - an all-season,
antioxidant rich food

Orange, medium



69 calories
1 g protein
0 g fat
18 g carbohydrate
Provides more than a day's worth
of vitamin C

Soda, 12 ounce cola



136 calories
0 g protein
0 g fat
35 g carbohydrate - 9 teaspoons sugar!

**WATCH OUT - some
packaged snacks
pack more servings
than you need -
Look At The Label!**

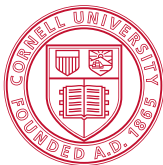
Popcorn, 2 cups, air popped



110 calories
4 g protein
1 g fat
22 g carbohydrate
4 g fiber; 2 g sodium
Movie style popcorn can be high in
calorie, fat and sodium

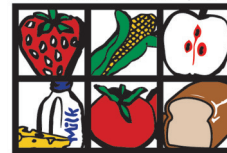
Nutrition data: USDA National Nutrient Database for Standard
Reference, 2007
Product manufacturer's online nutrition information

Vending spending offers convenience and many tempting food choices, many of which are high in calories, fat and sodium. Fruits and vegetables, although not readily available in vending machines at this time, are available in the markets in many different forms that are easy to take with you. Fresh fruit is the original portable snack. Prepared fresh fruits and vegetables, like baby carrots and fruit cups, can be found in the produce section. Dried fruits pack away easily and are available through all seasons. YOU get to choose - RESPECT what food does for your body!



Cornell University
Cooperative Extension
of Suffolk County

Eat Smart New York!



ESNY

Cornell Cooperative Extension of Suffolk County, 423 Griffing Avenue, Suite 100, Riverhead, NY 11901-3071
631-727-7850 • www.ccesuffolk.org

In accordance with federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20025 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer. Printing of this material is funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information on the Food Stamp Program, contact Suffolk County Department of Social Services, (631) 854-9935.

*Cornell Cooperative Extension in Suffolk County provides equal program and employment opportunities.
Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.*

ESNY 4/2008