

Choose Healthier Vending!

There are plenty of healthier vending machine items.

Healthier Food Options:

Graham Crackers or Graham Cracker Cookies
Baked Cheetos, Baked Lay's or Sun Chips
Sunflower Seeds
Unsalted, Reduced Fat Popcorn
Unsalted and Roasted Nuts
Low-Fat Granola Bars
Dried Fruit
Low-fat Energy Bars
Fig Bars
Fat-free and Low-Fat Yogurt
Pretzels
Fruit Crisps

Healthier Drink Options:

- Bottled Water
- Flavored, Sugar-free Water
- Natural Juices (No Sugar Added)
- Unsweetened Tea and Lemonade
- Diet Soda
- Skim or Low-Fat Milk
- Non-Dairy, Sugar-Free Smoothies
- Low-Calorie Sports Drinks

As a general rule, try to select snacks with:

- Less than 2 grams of saturated fat per serving
- No trans fats, such as whole-grain pretzels or crackers, low-calorie granola bars or single servings of nuts or seeds



If we have more healthy choices, we'll be able to have healthier lives. For more information, contact: Rod Himon, Communities Putting Prevention to Work 501-340-5322, rhimon@northlittlerock.ar.gov



Arkansas Department of Health
Keeping Your Hometown Healthy

