If you or your coworkers use the vending machines at work a lot, consider talking with your employer about stocking them with mostly healthy options.

Take the junk out of vending machine junk food

Life is busy. In the rush of activity, you might be lucky to eat at all, let alone focus on healthy choices. That’s why it’s so easy to grab something from a vending machine without thinking about the quality of the food you’re eating.

But, vending machines don’t have to be the enemy of a healthy lifestyle. Sure, they are full of foods high in saturated fat, salt and sugar. But choosing a slightly healthier option isn’t impossible.

Some better choices include:
- Nuts or trail mix
- Fresh fruit
- Dried fruit
- Granola bars
- Water
- Low-fat or fat-free milk
- Unsweetened tea or coffee
- Vegetable juice (low sodium)
You also can choose:

- Pretzels instead of potato chips.
- Baked chips instead of tortilla chips or potato chips.
- Whole grain crackers instead of regular crackers and cheese.
- Low fat animal crackers instead of chocolate chip or cream-filled cookies.
- Fruit bars or popsicles instead of ice cream sandwiches.

Your doctor can tell you more about healthy eating choices at home or on-the-go. Plus, you can get more information at our website: bcbsga.com. While you’re there, be sure to register to get the most from your health care benefits.

Sources:

This information is meant to be educational. It should not be interpreted as medical advice. Please talk to your doctor about changes that may affect your health.