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Nutrition for Health

Minute Paper - Vending Machine Foods

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Vending machines are available in schools during the day and after hours. A wide variety of healthful snacks can provide a broad selection of food and drinks that both student and staff will like. If your district is changing to more healthful selections, marketing efforts are important. For example, provide small tasting samples of new items for students and staff during lunch time. Notices to parents or in school newsletters of available healthful items also are helpful.

In general, aim for less than 200 kilocalories per package and no more than 35% of total calories from total fat. Make sure pricing is competitive.

- **Breakfast, cereal, and granola bars**
- **Chips - baked or reduced fat versions**
- **Popcorn**
- **Pretzels**
- **Snack mixes**
- **Animal crackers**
- **Graham crackers**
- **Trail mix**
- **Nuts, seeds**
- **Small size low-fat yogurt cups**
- **100% fruit juice- 4 ounce size for elementary and middle school; 8 ounce size for high school**
- **Water**

Dr. Cullen is an expert in health promotion and education, specifically student lunch selection and food sales in schools. She currently is evaluating the effect of Texas school food policy changes on food selection in middle schools.

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