

Go, Slow, and WHOA Foods

Choosing Healthy Snacks at Work

It is two o'clock in the afternoon, the phone won't stop ringing, and your emails are piling up. Your stress level is through the roof. All you can think about is that chocolate bar in the vending machine. You think twice knowing your efforts at weight loss may be compromised. More calls come in and you can't take the demands from your boss. Desperate times call for desperate measures. So you give in to temptation and visit the vending area.

We live in a fast-paced society where we may not come stocked with "healthy snacks" for the work day and it is easy to reach for the convenient choices in a vending machine. Below are some healthy vending machine recommendations for you to select from when you're in a pinch. Use the "Go, Slow, WHOA," approach when you choose a snack.

Go foods: eat almost any time

Trail mix	Soy snack cakes
Mixed nuts	Sunflower seeds
Animal crackers	Fig bars
Whole grain cereals	Fresh fruit
Graham crackers	100 percent fruit or vegetable juice
Air-popped popcorn	Dried fruit such as raisins, cranberries, apricots
Yogurt	Single-serve fruit cups (in their own juice)
Water	Low-fat milk (one percent or fat-free)

Slow foods: eat sometimes or less often

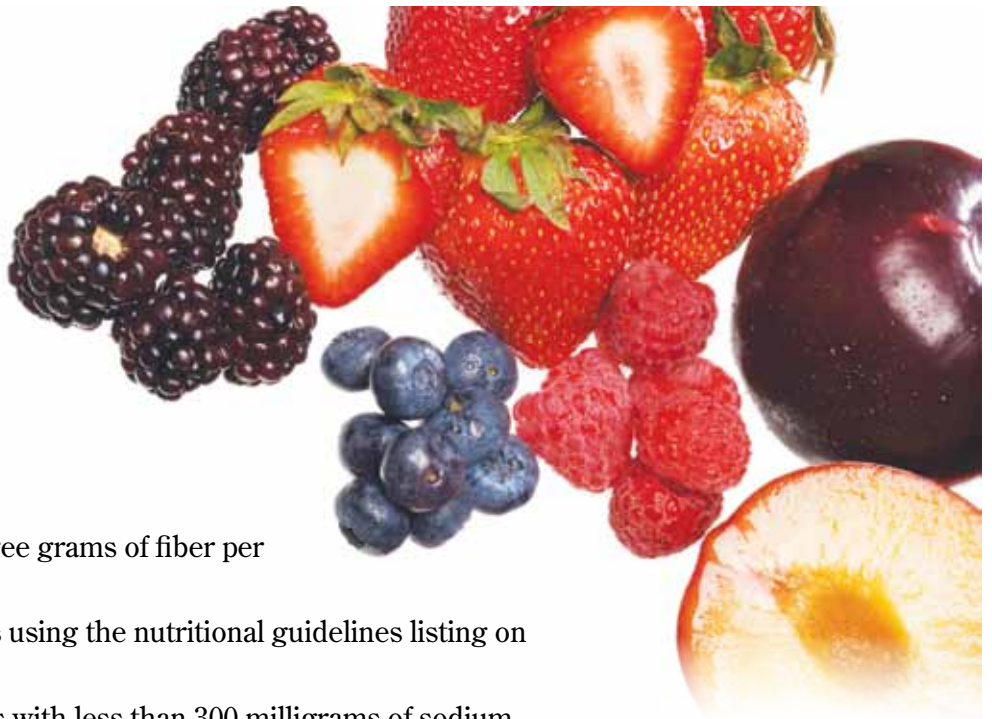
Granola bar	Pretzels
Cereal bar	Whole-wheat crackers with peanut butter or cheese
Baked chips	Fruit snacks
Vitamin water	Fruit or vegetable juice

WHOA foods: eat once in awhile or on special occasions

Candy	Fruit canned in heavy syrup
Cookies	Muffins
Chocolate bars	Crackers made with trans fat
Popcorn with butter	100-calorie packs
Potato chips	Sweetened cereals
Regular soda, iced tea, or Kool-Aid®	Fruity soda

Nutritional Guidelines for Snacking

- For every 100 calories, the *total fat* should equal three grams or less per serving.
- For every 100 calories, the *saturated fat* should be one gram or less per serving.
- For every 100 calories, there should be *no trans fat*.



Snack Smart

- Include a high-fiber snack with at least three grams of fiber per serving.
- Read food labels and avoid high-fat snacks using the nutritional guidelines listing on this flyer.
- Avoid high-sodium snacks. Choose snacks with less than 300 milligrams of sodium per serving.

Healthy snacking takes time and energy to prepare in advance, but by doing so you will continue on the path of healthy eating. Certainly, it will be worth shedding the extra calories by steering clear of the vending machines. But, when push comes to shove and you are forced to make a choice, use the nutrition guidelines described in this flyer to guide you to a healthy selection.



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Source: *Coordinated Approach to Child Health*, 4th grade curriculum, University of California and Flaghouse, Inc.

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