



# Feed the machines less. Feed yourself better.

Bring your own snacks and drinks. It's healthier and less expensive.

## Say no to sugary soda

Choose these instead:

- Water or low-calorie flavored water
- Low-fat or fat-free milk
- Unsweetened tea
- Vegetable juice (low sodium)

## Snack smarter

- Nuts or trail mix
- Fresh or dried fruit
- Pretzels
- Popcorn
- Whole-grain crackers
- Dark chocolate

## Ask for healthier options

Many companies make healthier snacks and drinks for vending machines. If your office has a vending machine, ask your employer about including some more health-friendly choices.

