



Take smaller portions.
Practice portion control.



Looking for a healthy snack or did you forget your lunch? Try out one of these healthy menus from the vending machine!



Meal	Amount	Calories
V-8 100% Vegetable Juice	8 oz	50
Wheatables	17 crackers	140
String cheese	1 stick	80
Fruit cup	1 cup	70
Skinny cow ice cream	1 sandwich	140
Total Calories		480