UVA HEALTHY VENDING PROGRAM

Stop and think! Proceed with caution! Go for the healthy choice!

What is a serving size?

The amount of food that you should eat at one time. Serving size is set by the manufacturer of each item. You read this information in your vending machine and see the number of servings for each item.

Why is this important?

Many products from vending machines contain more than one serving. Try to eat just one serving when you have a snack. It is easy to overeat.

Be a smart consumer:

Read your labels carefully. You can find both serving size and servings per container on the nutrition label.

Be a smart snacker:

If your product contains two or more servings, split it with a friend or save half for later. Eating more is always a red light!

Snack smart is one way you can embrace a healthy lifestyle. UVa Health System offers this healthy vending program to let you know about the healthiest vending choices.

What is being overweight?

Having a body mass index (BMI) of 25-30 (see BMI chart below)

What is obesity?

Having a BMI of more than 30

Why is weight important?

Being overweight or obese raises your risk of having:

• heart disease
• stroke
• diabetes
• some forms of cancer.

Most snacks are grouped as follows:

<table>
<thead>
<tr>
<th>Snacks</th>
<th>Saturated Fat</th>
<th>Total Fat</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Red</td>
<td>more than 5%</td>
<td>more than 20%</td>
<td>201 or higher</td>
</tr>
<tr>
<td>Yellow</td>
<td>5 – 10%</td>
<td>15 - 20%</td>
<td>141 - 200</td>
</tr>
<tr>
<td>Green</td>
<td>less than 5%</td>
<td>less than 10%</td>
<td>0 - 140</td>
</tr>
</tbody>
</table>

Pretzels

Pretzels are an excellent snack (low in calories and fat). Some brands have more salt, however. Healthier pretzels have fewer than 450 mg of sodium (salt) per serving.

<table>
<thead>
<tr>
<th>Sodium (mg) of sodium</th>
<th>Yellow</th>
<th>Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>450 mg or more</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Nuts and Seeds

You need some fat in your diet. Nuts and seeds are great for you and have healthier fats, called monounsaturated fats. Some types have more saturated, less healthy fat. For that reason, nuts and seeds have been grouped by percent of saturated fat.

<table>
<thead>
<tr>
<th>% of calories from saturated fat</th>
<th>Red</th>
<th>Yellow</th>
<th>Green</th>
</tr>
</thead>
<tbody>
<tr>
<td>more than 15%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 - 15%</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>less than 10%</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Beverages

Red Beverages like regular sodas, tea and lemonade.

Yellow 50 – 99% fruit juice and sports drinks

Green water, 100% fruit juice and diet beverages

Note: All information is based on one serving size of the food or drink.

Snack your weight down:

Snacking smart is one way you can embrace a healthier lifestyle. UVa Health System offers this healthy vending program to let you know about the healthiest vending choices.

Go for the healthy choice!