

# Eat Good,



# Feel Good!

*Tasty Nutritious Choices  
are Now in our Vending Machines.*

**50% of the snack and beverages now meet the healthiest and healthier categories of the King County Healthy Vending Guidelines:**

	<b>HEALTHIEST</b>	<b>HEALTHIER</b>	<b>LIMITED</b>
<b>Content</b>	Nutrient-rich primarily whole foods with little added fat, sugar, or sodium	Processed or refined foods with some added fat, sugar, or sodium	Processed or refined foods with little nutrients, high in added fat, sugar, and sodium
<b>Snack Examples</b>	Fresh or dried fruit and vegetables, unsalted nuts	Baked chips, 50% or more whole grain bars and crackers, trail mix	Regular potato chips, candy bars, and fruit gummy snacks
<b>Beverage Examples</b>	Plain water, fat-free or 1% unflavored milk, unsweetened tea and essence flavored water	100% juice, fat-free or 1% flavored milk, beverages $\leq$ 10 calories such as diet sodas and flavored water	Sugary beverages, teas, and energy drinks

*Find the labels to find the healthful snacks.*

For more information, go to: <http://copcwa.org/healthy-vending/>