

Find the labels to find the healthful snacks.

	HEALTHIEST	HEALTHIER	LIMITED
Content	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
Snack Examples	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
Beverage Examples	Plain water, fat-free or 1% unflavored milk, unsweetened tea and essence flavored water	100% juice, fat-free or 1% flavored milk, beverages ≤ 10 calories such as diet sodas and flavored water	Sugary beverages, teas, and energy drinks

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

*Eat Good,
Feel Good!*



*Tasty Nutritious Choices
are now in our vending machines.*

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