

# Snack Smart with Park Vending

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Snacks are great, but it's important to snack smart. Snacks keep you going until your next meal; they're a break from your work or play, and they help prevent overeating. Research shows healthy snacking can aid in maintaining healthy weight. Eating four or five smaller meals a day is more beneficial than three meals for many people.

How do you get started? Listen to your body. Eat when you are hungry. Stop when you are satisfied. Make snacks easy and interesting. Eat smaller amounts at mealtime. Be prepared for your hunger. Stop by the vending machine before you are ravenous.

Here are some smart snack choices.

- Pretzels
- Granola Bars
- Carrot or Celery Sticks
- Cereal Bars
- Dried fruit –dried cranberries, prunes, apricots and raisins
- Nuts
- Trail mix combined with nuts, seeds and dried fruit
- Crackers
- Baked Chips
- Yogurt
- Animal Crackers
- Graham Crackers
- Low-calorie packs

Don't misinterpret thirst for hunger. Always keep a water bottle handy.

**Park Vending wants to assist you in choosing healthy lifestyle which is why we offer an extensive selection of healthy options to allow you to snack smart.**