

# What's In Your Vending Machine?

Product Name	Crunchy Snacks		Chocolate Bars		Carbonated Drinks		Cookies		Fresh Produce	
	Stacy's Simply Naked Pita Chips	Lay's Classic Potato Chips	Clif Bar-Crunchy Peanut Butter Chocolate	Snickers Bar	FLAV Pineapple	Coca Cola	Buzz Strong's Peanut Butter Cookie	Mrs. Fields Peanut Butter Cookie	DEL MONTE-Pineapple Chunks	DEL MONTE-Vegetable Medley w/ Lite Ranch Dip
										
Serving Size	1 oz	1 oz	1 bar	1 bar	12 oz	12 oz	1 Cookie	1 Cookie	1/2 cup	100g
Calories	130	150	240	280	80	140	200	310	70	60
Calories from Fat	45	90	60	127	0	0	60	144	0	35
Total Fat	5g	10g	7g	14g	0g	0g	6g	16g	0g	4g
Saturated Fat	0.5g	1g	1.5g	5g	0g	0g	0g	8g	0g	0g
Cholesterol	0mg	0mg	0mg	8mg	0mg	0mg	15mg	45mg	0mg	5mg
Sodium	270mg	180mg	200mg	145mg	0mg	45mg	200mg	260mg	10mg	210mg
Total Carbohydrates	19g	15g	41g	36g	21g	39g	34g	34g	17g	6g
Dietary Fiber	1g	1g	5g	1g	0g	0g	3g	1g	1g	1g
Sugars	less than 1g	0g	21g	30g	20g	39g	16g	18g	15g	4g
Protein	3g	2g	10g	4g	0g	0g	6g	5g	0g	1g
Key Differences	Made from all natural pita; half the fat and calories of Lay's Classic Chips; baked not fried		Whole, organic ingredients; 5x the fiber & more than double the protein of a Snickers with half the fat		No artificial coloring, no caffeine; fewer calories; less sugar, sodium & carbohydrates		All natural; meets school guidelines; 1/3 less calories & less than half the fat; more fiber & protein		Individually packaged fresh fruit	Individually packaged fresh vegetables

	Vend Natural Healthy Snacks & Beverages
	Traditional Vending Products
	Key Nutritional Differences

For more information contact Anya Harris @ 410-340-3354