

More is better.

Want more of the foods
that have less fat,
calories and sodium?



You'll find Balanced Choices better-for-you snacking choices on the right hand side of your snack machine.

Calories ≤ 250

Total Fat $\leq 35\%^*$

Trans Fat 0

Saturated Fat $\leq 10\%^{**}$

Sodium ≤ 350 mg

Candy is not part of the Balanced Choices program

Snack better.

Look for the green Balanced Choices markers on the right.

* $(\text{total number of fat grams} \times 9) / \text{total calories}$

** $(\text{total number of saturated fat grams} \times 9) / \text{total calories}$

Stay right.



CANTEEN®