

Healthier Items Found in Vending Machines

Water

Fruit juice

Vegetable juice

Fresh fruit (mainly apples)

Yogurt

Sandwiches-depending on what's on them

Healthy Items found at Memorial Union:

Tossed salad

Fresh fruit salad

Chicken Caesar salad plate

Southwest Wrap (roast beef, cheese, lettuce, tomatoes)

Grilled chicken sandwich

Grilled chicken Garden Salad

Nonfat milk

Low fat chocolate milk

Chicken/seafood salad with large amt. fruit

Veggie sandwich on veggie bread (cucumber, squash, green pepper, onion, carrots, tomato, lettuce)

Ham and Swiss on rye bread

Fruit juices

Yogurt

Vegetarian taco/burrito (veggies and beans)

Spicy rice and beans

Subway-6 sandwiches less than 7 grams of fat

Soft serve ice cream (4 oz. =140 cal, 5 gm fat)

Onion's Convenience Store: juices, smoothies, Rice bowl, Frappacinos, Trail Mix bars

