

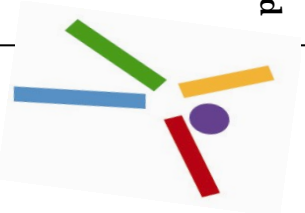


**Cut down on fatty foods!
Select lean meats and
small amounts of
healthy fats.**



MINNESOTA'S VISION | SHIP
Statewide Health Improvement Program
A Better State of Health

Looking for a healthy snack or did you forget your lunch? Try out one of these healthy menus from the vending machine!



Meal	Amount	Calories
Water	1 bottle	0
Fruit cup	1 cup	70
Chips ahoy 100 calorie pack	1 package	100
Almonds	1 oz	170
String cheese	1 stick	80
Total Calories		420

