Choose well Live well

Your health. Your food. Your choice.

Healthy options are here!

We heard you say that having access to healthy choices at work is important.

We're now offering items with:

- Less than **250** calories
- Less than **10%** of calories from saturated fat
- Less than **35%** of weight from sugars
- Less than **360 mg** sodium

At least half of vending items meet the Nutrition Guidelines. Some exceptions apply.

Healthy snacking just got easier.

www.doh.wa.gov/choosewell-livewell

Washington State Department of Health

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For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).

Healthy Communities Washington

Partners promoting healthy people in healthy places

www.doh.wa.gov/healthycommunities

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