

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

