

Please take part in the UVa Health System's Healthy Vending Program. Snack and beverage items have been grouped by colored stickers according to how nutritious they are:

**Red + 5¢** Stop and think!

Red items are the least healthy choices. There is a **5¢ surcharge on red items**. This extra nickel will help support the UVa Children's Fitness Clinic.

**Yellow** Buy once in a while!

**Green** The healthiest choices!

Please learn more about UVa Healthy Vending and eating well. Go to the UVa Healthy Vending education displays in the main vending areas of the University Hospital cafeteria and near the West Complex lobby.

Stop and think!

Proceed with caution!

Go for the healthy choice!

Snack Smart!

Nutrition Facts	
Serving Size 1 ounce (about 12 chips)	
Servings Per Container 2	
Amount Per Serving	Calories from Fat 110
Calories 250	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30 mg	10%
Sodium 470 mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugar 5g	
<b>Protein 5g</b>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
Folate	30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories:	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 30mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbs	300g	375g
Dietary Fiber	25g	30g

**What is a serving size?**

The amount of food that you should eat at one time. Serving size is set by the manufacturer of each item.

**Why is this important?**

Many products from vending machines contain more than one serving. Try to eat just one serving when you have a snack. It is easy to overeat.

**Be a smart consumer:**

Read your labels carefully. You can find both serving size and servings per container on the nutrition label.

**Be a smart snacker:**

If your product contains two or more servings, split it with a friend or save half for later. Stop after one serving. Eating more is always a red light!

LET MODERATION BE YOUR GUIDE!

**What is being overweight?**

Having a body mass index (BMI) of 25-30 (see BMI chart below)

**What is obesity?**

Having a BMI of more than 30

**The facts:**

- Obesity is the second most preventable cause of death in the United States. (Using tobacco is the number one cause).
- 66 percent of adults and 15 percent of children in the United States are overweight or obese.
- Fewer than half of U.S. adults are at a healthy weight.

**Why is weight important?**

Being overweight or obese raises your risk of having:

- heart disease
- stroke
- diabetes
- some forms of cancer.

**Snack your weight down:**

Snacking smart is one way you can embrace a healthier lifestyle. UVa Health System offers this healthy vending program to let you know about the healthiest vending choices.

**Most snacks are grouped as follows:**

Saturated Fat (% total calories)	Total Fat (% total calories)	Calories
Red-less than 10%	more than 40%	201 or higher
Yellow-5 - 10%	more than 35 - 40%	141 - 200
Green-less than 5%	0 - 35%	0 - 140

**Pretzels**

Pretzels are an excellent snack (low in calories and fat). Some brands have more salt, however. Healthier pretzels have fewer than 450 mg of sodium (salt) per serving.

	Milligrams (mg) of sodium
Yellow	450 mg or more
Green	Fewer than 450 mg

**Nuts and Seeds**

You need some fat in your diet. Nuts and seeds are great for you and have healthier fats, called monounsaturated fats. Some types have more saturated, less healthy fat. For that reason, nuts and seeds have been grouped by percent of saturated fat.

	% of calories from saturated fat
Red	more than 15 %
Yellow	10 - 15 %
Green	less than 10 %

**Beverages**

Red	Beverages like regular sodas, tea and lemonade
Yellow	50 – 99% fruit juice and sports drinks
Green	water, 100% fruit juice and diet beverages

Note: All information is based on one serving size of the food or drink.

**Body Mass Index Values (BMI)**

Height	Weight																					
	100	105	110	115	120	125	130	135	140	145	150	155	160	165	170	175	180	185	190	195	200	205
5'0"	20	21	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
5'1"	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
5'2"	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39
5'3"	18	19	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'4"	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38
5'5"	17	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
5'6"	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
5'7"	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
5'8"	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
5'9"	15	16	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
5'10"	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
5'11"	14	15	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
6'0"	14	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
6'1"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34
6'2"	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
6'3"	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
6'4"	12	13	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32



UVA HEALTHY VENDING PROGRAM