

Breaking the Vending Machine Habit

When it comes to vending machine choices despite what suppliers may claim the foods available are simply not healthy. According to fitnessmagazine.com (2009) some healthier snack lists for vending machines are, baked lays potato chips, sun chips, popcorn, and peanut M & M's. All processed foodstuffs are high glycemic meaning their consumption produces insulin, and if a person is overweight and not a marathon runner or a humming bird, his or her body will store these foods as fat almost immediately. Nuts may be a wiser choice but one must question how long they may have been sitting in a vending machine before ingesting. The risks nuts pose are forms of anaphylaxis through both mold and toxins the longer they sit. So the question is what does a person eat out of a vending machine if he or she must and what are some alternative approaches to snacking at the office to break the vending machine habit.

The facts about vending machine consumables reveal that they are convenience foods and most of the times are salty, sugary, fatty and free of the necessary elements to consider them nutritious. Along with the aforementioned properties of vending machine foods not only are they empty calories they are high calorically making them prize candidates for increasing ones belt and dress size. If low energy is an issue during the day in addition to the occasional upset stomach one can guarantee the culprit is vending machine grazing.

The alternative to vending machine eating is to bring food from home. This very frowned upon (due to so-called inconvenience) simple remedy crafts the best benefits by creating stability in blood sugar levels resulting in even energy during the day, a necessity for the workplace atmosphere. Moreover, bringing a nutritious lunch in addition to snacks prevents weight gain, heartburn and cravings that usually result in eating a huge dinner meal after work. Examples of alternative vending machine foods are whole food bars, nuts and seeds brought from home whereby the "eat before" dates clearly establish freshness, fruits, raw vegetables, healthy dips made with quality oils such as grape seed, safflower, or olive oil. One can even visit the deli of a health food store the morning of work to choose from a variety of organic premade dishes that heat up easily in the cafeteria or office microwave. Better yet, purchasing organic premade lunch meals and having them at home ready to toss into a briefcase, purse or cooler may be the best alternative for vending machine eating there is in the workplace.

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Reference: Sole-Smith, V (2009). *10 Healthy (and 10 Terrible!) Vending Machine snacks*. Retrieved October 21, 2009, from www.fitnessmagazine.com/recipes/snacks/healthy/vending-machine-snacks/