

Vending Machine Eats vs. Healthy Treats

	<u>Calcium</u>	<u>Protein</u>	<u>Fat</u>	<u>Calories</u>
Bag of potato chips (1 1/8 oz.) vs.	8 mg	2 g	11 g	171
Popcorn (3 3/4 cups) sprinkled w/parmesan cheese (2 Tbs.)	141 mg	6 g	4 g	161
Candy bar (1.6 oz.) vs.	66 mg	3 g	12 g	234
Cheese pizza (1/8 of 12" pizza)	117 mg	8 g	3 g	140
Doughnut (3 1/4" diameter) vs.	26 mg	4 g	14 g	242
Cheese stick wrapped in a flour tortilla (64g)	240 mg	10 g	11 g	214