

HEALTHY SNACKING

Balanced For Life

(NAPSA)—According to a recent National Health and Nutrition Examination Survey, the number of overweight children and teens has nearly doubled in the last two decades. While a few



Most children eat less than one snack a week from vending machines.

schools and businesses have battled obesity by removing vending machines, experts say that's not effective. It does nothing to address the underlying causes of obesity—super-sized food choices and less physical activity.

Most children only purchase one snack item from a vending machine per week—not a major factor in skyrocketing obesity rates.

Smart snacking is one answer and today's vending machines offer many healthy choices—such as water, fruit juice, yogurt, granola bars, even salads and fresh fruit.

Concerned about the obesity epidemic, The National Automatic Merchandising Association has launched the Balanced for Life campaign to promote the benefits of a balanced diet and physical activity in schools and businesses.

For more information, visit www.balancedforlife.net.