

HEALTH ALERT!

Smart Snacking

(NAPSA)—Less than one product a week—that's what a recent survey found children eat from vending machines.

That may surprise some people who see vending machines as a culprit in the nation's escalating rates of childhood obesity.



Vending machines offer many smart snacking choices such as yogurt and fruit.

That figure may also explain why removing vending machines is not the most effective way to combat childhood obesity. The answer lies in understanding the importance of a balanced diet.

To make a real difference, the National Automatic Merchandising Association has launched the Balanced for Life campaign, which teaches kids about making smart diet choices and being more physically active.

The campaign includes such smart snacking tips as looking for balanced snack items, which vending machines also carry, such as water, fruit juice, yogurt, granola bars, even salads and fresh fruits.

For more information, visit www.balancedforlife.net.