

10 Healthy Vending Machine Snacks

Fitness Magazine, by Virginia Sole-Smith

These 10 low-fat and fat-free vending machine offerings are the best of the bunch — and some even include nutritious fiber, protein, and healthy fats!

Top Pick

1. Planters Sunflower Kernels (1/4 cup)

160 calories, 14g fat, 1.5g sat fat, 4g fiber

The Bottom Line: Full of healthy fats

Second Best

2. Baked! Lays Original

210 calories, 3g fat, 0g sat fat, 4g fiber

The Bottom Line: Surprisingly fiber-full

Other Smart Snacks

3. Sun Chips Original

140 calories, 6g fat, 1g sat fat, 2g fiber

The Bottom Line: Made of whole grains

4. Snyder's of Hanover Mini Pretzels (20)

110 calories, 0g fat, 0g sat fat

The Bottom Line: Naturally fat-free

5. Smartfood Reduced-Fat Popcorn

120 calories, 5g fat, 1g sat fat, 2g fiber

The Bottom Line: Low fat, and has fiber!

6. Peanut M&M's

250 calories, 13g fat, 5g sat fat, 2g fiber

The Bottom Line: Just don't go nuts

7. Fig Newtons

190 calories, 0g fat, 0g sat fat, 2g fiber

The Bottom Line: It's fruit!

8. Nature Valley Granola Bar, Oats & Honey

180 calories, 6g fat, 0.5g sat fat, 2g fiber

The Bottom Line: Beats hunger

9. Planters Honey Roasted Peanuts (39)

160 calories, 13g fat, 1.5g sat fat, 6g protein

The Bottom Line: High in protein

10. Quaker Chewy Low-Fat Granola Bar, Chocolate Chunk

110 calories, 2g fat, 0.5g sat fat, 1g fiber

The Bottom Line: Guilt-free chocolate

Nutritional information is for contents of entire package, unless otherwise noted