

Navigating the vending machine

Tempted by that ever-present vending machine and other unhealthy snack options at work? Weight Watchers has tips to help you stay in control.

Plan for success

- ➔ If the office vending machine isn't packing healthy, low-calorie selections, bring your own snacks, but only enough for a set period of time so you can't dig into a huge stash during an unguarded moment.

Ask around!

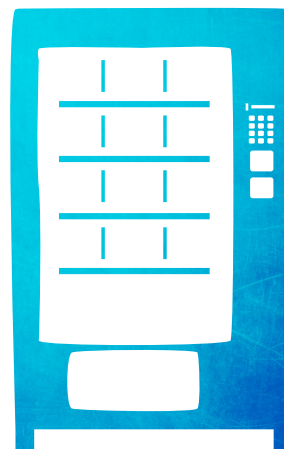
- ➔ Chances are you're not the only one in your workplace craving healthy snacks. Ask co-workers if they'd like to take turns bringing in snacks for your group. That way you don't have to think about it each day, and you'll probably get to try something new and interesting.

Choose wisely

- ➔ Ask your office manager about including healthier options in the vending machine, like 100-calorie packs, or small bags of baked chips. You could even ask for a fruit vending machine. You'll never know what's possible unless you try!

Use your resources

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Feed your thirst

- ➔ Sometimes thirst masquerades as hunger. Before you opt for a snack, grab water, seltzer, or a sugar-free beverage. (Skip calorie-laden sugary sodas, energy drinks and juices.) If you're tired, you might just be dehydrated, so down a bottle of water for the best pick-me-up!

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- ➔ Chances are not all the choices in the vending machine are off limits. Check your Weight Watchers app before you push the buttons to see if the option you're eyeing fits into your food plan. And always pair your snack with water to help fill you up, slow down your eating, and satisfy your urge for "something."

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Ask your employer for more information



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