

Vitalities™



Cornell Dining introduces Next Generation's Vitalities™

healthy vending program.

Vitalities™
healthy snack choices

<p>lower fat HEALTHY CHOICES</p> <ul style="list-style-type: none">• 3 grams of fat or less• No more than 1.5 grams of saturated fat• Some larger portions may have 3.5 grams of fat• May be baked or reduced-fat	<p>lower sugar HEALTHY CHOICES</p> <ul style="list-style-type: none">• Items are either:<ul style="list-style-type: none">- Sugar free- No sugar added- Contain less than 4 grams of sugar
<p>lower carbs HEALTHY CHOICES</p> <ul style="list-style-type: none">• 8 grams of carbohydrates or less, with little coming from sugar• 5 grams of protein or more	<p>higher energy HEALTHY CHOICES</p> <ul style="list-style-type: none">• Provides an adequate amount of fat• Low saturated fat• 4 grams or more of protein• 15 grams or more of carbs• Some fiber

All products have been reviewed by a Registered Dietitian.

Look for these healthy choice categories in snack vending machines across campus.

