

#1 Vending Machine Snacks

You can't check nutrition labels from behind the glass, so here are Top 10 approved picks!

1st Place- David Original Sunflower Seeds- Protein and fiber to keep you full. (1.75 ounces/160 calories/12 g fat/7g protein/3 grams fiber)

2nd-Nature Valley Oats 'N Honey Granola Bar- Delicious whole grains- and you get to eat two! (2 bars/180 calories/6 g fat/2 grams fiber)

3rd - Baked Lays Potato Chips- Get your fix without the saturated fat. (1.125 ounces/130 calories/2 g fat/2 g fiber)

4th - Mr. Nature Unsalted Trail Mix-Protein-packed almonds and walnuts. (2 ounces/240 calories/12 g fat/8 g protein)

5th - Snyder's Of Hanover Thins Pretzels-Crunchy, with the right amount of salt. (1.5 ounces/160 calories/0 g fat/1 g fiber)

6th - Planters Salted Peanuts-Good fats + protein + fiber = super-satisfying. (2 ounces; serving $\frac{1}{2}$ bag/165 calories/14.5 g fat/7.5 g protein/2.5 g fiber)

7th - Rice Krispies Treats- Surprisingly low in calories and fat. (1.3 ounces/150 calories/3.5 g fat)

8th - Sunchips Harvest Cheddar- Satisfyingly cheesy yet not too high in fat or calories. (1 ounce/140 calories/6 g fat/2 g fiber)

9th - Welch's Fruit Snacks- 100 percent of your daily vitamin C per serving. (5 ounces; serving: about 1/3 bag or 20 pieces/130 calories/0 g fat)

10th - Peanut M&M's- Slightly less saturated fat than plain. (1.74 ounces/250 calories/13 g fat/5 g protein)