

# 10 Things to Never Eat From Vending Machines

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We've all been there... It's 3pm, you're at work, you need a snack, and the office vending machine is RIGHT THERE in front of you. If you haven't armed yourself with other snacks, go ahead and give in. Just heed [Hungry Girl's](#) advice and don't eat these...

## DON'Ts!

*Save your pennies (and LOTS of calories!)*...



### **Nacho Cheesier! Doritos**

*(1 serving = 140 calories, 8g fat, 17g carbs, 1g fiber)*

We KNOW how alluring these cheesy little buggers can be, but please don't go there. The above stats are per serving, BUT those Big Grab bags actually have two servings in them!

### **Cheetos**

*(1 serving = 160 calories, 10g fat, 15g carbs, <1g fiber)*

Same story as above. If you do decide to give in to your cheesy snack craving, at least stick to one serving and give the rest to a hungry friend.

### **Chili Cheese Fritos**

*(1 serving = 160 calories, 10g fat, 15g carbs, 1g fiber)*

They always put the fun flavors in the vending machines to pique your interest, don't they?

Promise yourself [guilt-free HG nachos](#) later, and pass these banditos by!

### **Sun Chips**

*(1 serving = 140 calories, 6g fat, 18g carbs, 2g fiber)*

Hmmm, this one's on the cusp. If low-fat baked chips aren't an option and you MUST HAVE chips, these are the way to go. No, they aren't super-low in fat, but at least they have that fiber. The problem with Sun Chips is they're TOO delicious, so it's hard not to eat the entire bag which is sometimes (you guessed it) two servings.

### **Twinkies**

*(1 cake = 150 calories, 4.5g fat, 27g carbs, 0 fiber)*

Oh come on! Who eats just ONE Twinkie when they're given two? Who does Hostess think they're fooling? Skip it!

### **Mrs. Freshley's Jumbo Honey Bun**

*(1 package = about 590 calories, 29g fat, 76g carbs, 2g fiber)*

You know what? Just don't eat this. Really. DON'T.

### **Snickers**

*(1 bar = 280 calories, 14g fat, 35g carbs, 1g fiber)*

Sigh. So hard to say no -- but be strong. Find a better substitute if it's just something sweet you want.

### **Twix**

*(1 package = 280 calories, 14g fat, 37g carbs, 1g fiber)*

Props for not pulling a Twinkie on us and actually listing the stats for the full package... but it's still a couple of candy bars. Sorry, folks.

### **Frosted Brown Sugar Cinnamon Pop-Tarts**

*(1 Pop-Tart = 210 calories, 7g fat, 34g carbs, <1g carbs)*

FOR ONE?! Sure, the words "frosted" and "sugar" are in the name, but that's still a lot of calories for one tart!

### **Famous Amos Chocolate Chip Cookies**

*(4 cookies = 150 calories, 7g fat, 20g carbs, <1g fiber)*

The serving size is 4 BITE-SIZED cookies? Not horrible, but probably not worth it.

**INSTEAD, BE ON THE LOOKOUT FOR...**



- **Cold Food Vending Machines!** These neat refrigerated units feature excellent options, like fat-free yogurt. Our personal favorite is Yoplait Light -- [click here for Hungry Girl's first video short](#), a wacky take on the new Yoplait Light cake flavors!

- **100-Calorie Packs!** These are making their way into more and more machines. Woohoo!

- **Fully Loaded Cold Beverage Machines!** Staying hydrated is KEY to avoiding mindless snacking. Most of these machines dispense bottled water, diet iced tea, and diet soda. If you're parched, those really are the best way to go. We don't trust those cappuccino machines and the creamy, sugar-packed stuff they churn out.