



# SENSIBLE snacking

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# Healthy Choices – Lifestyle-Balance®

## The answer to SENSIBLE snacking

The media is packed with articles relating to obesity, health and diet with the opportunity to use Vending Machines as an educational tool being overlooked.

Workplaces are calling in experts to provide nutritional advice to staff and many workplaces are developing a Workplace Nutrition Policy.

Regardless of the latest “in” diet and despite all the instructions of

“Eat this, don’t eat that”, most agree on “A little bit of a lot.”

**Lifestyle-Balance®** provides a product range offering a solution to these concerns. The **Lifestyle-Balance®** range, messaging and merchandising offers alternatives alongside traditional treats conveying increased awareness of nutritional guidelines.

We are combining balance, choice and education. All the product range has been selected to meet one or more of the following criteria:



- Reduced fat content
- Higher fibre
- Lower sugar
- Portion control
- Gluten or wheat free

**Lifestyle-Balance®** has taken the view that any product offering must encompass a wide range of snack options. Vending is an opportunity to educate consumers by promoting a balanced lifestyle and ensuring a variety of product is available.

**Lifestyle-Balance®** encourages customers to adopt balanced and healthier snacking options by encouraging portion control thereby reducing total energy intake. To this end **Lifestyle-Balance®** introduced the concept of “**½ now ½ later™**” promoting the message to customers to consider regulating their eating habits by not eating their snack all at once. Or even consider sharing half with a friend!

The new **Lifestyle-Balance®** Vending Machines incorporate these messages. A Vending Machine thus becomes a vehicle for both educating as well as providing staff and visitors with a healthy option on the premises. In addition, **Lifestyle-Balance®** is continually researching product options and sources that will provide a broader range of products than have traditionally been available through any Vending channel.



## Lifestyle-Balance™ Policy – Commitment to Sensible Snacking

Depending on your Vending requirements our machines have the capability to be set up purely for your Vending needs. We have the flexibility to divide the machine into sections based on the Better Choice framework to ensure foods of good nutritional quality are being supplied.



The images above illustrate a case where the customer had asked us to create a section within the machine promoting the 'healthy choices' to their workplace staff.





## SENSIBLE Snacking Options



### ENERGY BOOSTER YOGHURT & CRANBERRY 70g

**Reason:** Dried fruit, nuts & seeds. Excellent source of fibre and natural goodness.

**Serving size:** 2

**Energy kJ per serve:** 763

**Fat per serve:** 10.7g (total) 2.0g (sat)

**Fat per 100g:** 30.5g (total) 5.6g (sat)

**Sugar per 100g:** 30.2g

**Sodium 100g:** 16mg



### ENERGY BOOSTER 70g

**Reason:** Dried fruit, nuts & seeds. Excellent source of fibre and natural goodness.

**Serving size:** 2

**Energy kJ per serve:** 688

**Fat per serve:** 7.3g (total) 1.6g (sat)

**Fat per 100g:** 20.8g (total) 4.5g (sat)

**Sugar per 100g:** 38.8g

**Sodium 100g:** 16.4mg



### ALMOND, CASHEW & CRANBERRY MIX 70g

**Reason:** Nuts and Dried fruit Mix. Including cranberries. Described today as one of nature's super fruits.

**Serving size:** 2

**Energy kJ per serve:** 857

**Fat per serve:** 15.3g (total) 2.0g (sat)

**Fat per 100g:** 43.7g (total) 5.8g (sat)

**Sugar per 100g:** 17.8g

**Sodium 100g:** 10mg



### RAW NUTS 70g

**Reason:** A premium 70g mix of Almonds, Cashews, Walnuts and Brazils, Cholesterol free, less saturated fat, full of antioxidants, fibre and protein.

**Serving size:** 2

**Energy kJ per serve:** 870

**Fat per serve:** 22.8g (total) 2.9g (sat)

**Fat per 100g:** 64.7g (total) 8.3g (sat)

**Sugar per 100g:** 2.9g

**Sodium 100g:** 3.8mg



### DRIED APRICOTS 60g

**Reason:** Low energy, natural sugar, low sodium, no fat.

**Serving size:** 2

**Energy kJ per serve:** 303

**Fat per serve:** 0.15g (total) 0.0g (sat)

**Fat per 100g:** 0.5g (total) 0.0g (sat)

**Sugar per 100g:** 53.4g

**Sodium 100g:** 10mg

**Serving size:** 2



# Complete Lifestyle-Balance® Product Range

The following products have been selected because they meet one or more of the following:

- Reduced fat
- High fibre
- Portion control is encouraged – ½ now ½ later
- Low sugar
- Gluten free



Supplier	Product	Reason	Serving size	Energy kJ per serve	Fat per serve Total Sat	Fat per 100g Total Sat	Sugar per 100g	Sodium 100g
Bluebird	 Light plus sour cream & chives 40g	Light & delicious, reduced fat, less saturated fat, cooked in sunflower oil.	1	957kJ	4.3g (total) 0.5g (sat)	7.9g (total) 0.9g (sat)	7.4g	1160mg
Bluebird	 Le Snak Original Cheese Dip with Crispbread 25g Cheese/French Onion	Small portion snack	1	410kJ	6.6g (total) 3.9g (sat)	26.5g (total) 15.4g (sat)	5.3g	950mg
Bluebird	 Quaker - Flavoured Nut bar 28g	Heart tick. Small portion size. 25% less sugar. Nuts with wholegrain oats - high in fibre	1	560kJ	8.2g (total) 1.1g (sat)	29.1g (total) 3.8g (sat)	10.5g	119mg
Frooze Balls	 Raw Fruit & Nut Snack Balls 70g (5 per pack) 3 Flavours, Original, Apricot, Banana	<b>Raw Energy.</b> No Added Sugar, Gluten Free Wheat Free, Dairy Free	5	226kJ	2.1g(total) 0.3g(sat)	14.8g(total) 2.0g(sat)	47.6g	14mg
Go Native	 Fruit Bites - 3 flavours, mixed berry & apple, mango & apple, strawberry & apple. 30gm	1 daily fruit serving per pack, slow release energy, gluten free ingredients. Portion controlled.	1	430kJ	0.1g(total) 0.05g(sat)	0.5g(total) 0.2g(sat)	71.6g	31mg
Go Native	 Raspberry & Apple Fruit Bar 40gm	2 daily fruit servings, slow release energy.	1	580kJ	0.2g(total) 0.08g(sat)	0.5g(total) 0.2g(sat)	73.2g	48mg
Golden Days	 Original Sesame Snaps 40g Ingredients: Sesame Seeds, Glucose Syrup (wheat), sugar	All natural ingredients, gluten free, cholesterol free. Portion control.	4	218kJ	3.1g(total) 0.5g (sat)	30.5g (total) 4.6g (sat)	37.8g	99mg
J.C's Quality Foods	 Almonds Natural 45g	Heart tick, source of fibre and no cholesterol.	1.5	719kJ	13.5g(total) 1.0g(sat)	45.1g (total) 3.3g (sat)	4.6g	1mg
	Energy Mix 45g	Delicious mix of nuts and dried fruit. Source of protein and fibre.	1.5	640kJ	11.0g(total) 1.4g(sat)	36.5g (total) 4.8g (sat)	20.2g	15mg
	Healthy Mix 45g	Healthy mix of nuts, dried fruit and seeds. Source of protein	1.5	622kJ	9.4g(total) 1.2g(sat)	31.4g (total) 3.9g (sat)	21.0g	5mg
	Jackaroo Mix 45g	Satisfying mix of Corn, Broad beans and nuts.	1.5	790kJ	9.5g(total) 1.8g(sat)	23.8g (total) 4.6g(sat)	4.7g	641mg
	Outback Mix 45g	Scrumptious mix of nuts flavoured with a hint of chilli herbs & spices.	1.5	779kJ	15.9g(total) 2.1g(sat)	53.0g (total) 7.0g(sat)	8.6g	321mg
Lifestyle-Balance®	 Raw Nuts 70g	A premium 80gm mix of Almonds, Cashews, Walnuts & Brazils. Cholesterol free, less saturated fat, full of antioxidants, fibre & protein. Classified "green", "every day" by NSW HEALTH. Nov 2009	2	870kJ	22.8g (total) 2.9g (sat)	84.7g (total) 8.3g (sat)	2.9g	3.8mg
	Energy Booster Yoghurt & Cranberry 70g	Dried fruit, nuts, seeds and yoghurt covered raisins	2	763kJ	10.7g (total) 2.0g (sat)	30.5g (total) 5.6g (sat)	30.2g	16mg
	Energy Booster 70g	Dried fruit, nuts and seeds and chocolate covered raisins	2	686kJ	7.3g (total) 1.5g (sat)	20.8g (total) 4.5g (sat)	38.8g	16.4mg
	Almond, Cashew & Cranberry Mix 70g	A healthy, tasty, satisfying medley of lightly roasted almonds, cashews and the mild sweetness of dried cranberries. Classified "green", "every day" by NSW HEALTH. April 2009	2	857kJ	15.3g (total) 2.0g (sat)	43.7g (total) 5.8g (sat)	17.8g	10mg
	Dried Apricots 60g	Low energy, natural sugar, low sodium, no fat.	2	303kJ	0.15g (total) 0.00g (sat)	0.5g (total) 0.0g(sat)	53.4g	10mg
Mother Earth	 Roast Almonds 60g	Unsalted, heart tick	2	806kJ	18.2g (total) 1.3g (sat)	60.5g (total) 4.2g (sat)	4.0g	4mg
Mother Earth	 Delux mix 60gm	Raw unsalted nut mix. Heart tick	2	783kJ	17.3g (total) 2.0g (sat)	57.5 (total) 6.7g (sat)	4.3g	6mg
Nature Valley	 Oats & Honey Bars 42g	Low in fat, high in fibre. Portion control. >2 bars/pack	1	799kJ	6.5g(total) 0.7g(sat)	15.5g(total) 1.7g(sat)	27.8g	350mg
Sealord	 Tuna Sensations with crackers Smoked tuna/Savoury Tuna/ Tomato & Basil Tuna/Tuna Spread/Lemon Pepper Tuna/Thai Chilli Tuna/Lemon Lite Tuna	Light meal replacement Tuna Crackers	1	442kJ 350k	1.2g (total) 0.3g (sat ) 3.5g (total) 1.9g (sat)	1.3g (total) 0.3g (sat) 20.4g (total) 10.8g (sat)	5.5g 6.7g	525mg 450mg
Sweet As	 Popcorn 40g	Gluten free, Dairy free, GMO, No artificial colouring. Made in NZ	2	400kJ	3.7g (total) 0.58 (sat)	18.7g (total) 2.9g (sat)	24.7g	355mg
Zen Health Foods	 Dried Apple 60g	Gluten Free, Dairy free. Low energy, low fat.	1	792kJ	1.38g (total) <1g (sat)	2.3g (total) <1g (sat)	52.9g	339mg
Zen Health Foods	 Cashew Nuts & Dried Kiwi Fruit 35g	Gluten Free, Dairy Free, Low energy.	1	647kJ	12.3g (total) 2.1g (sat)	35.1g (total) 6g (sat)	23.1g	77.1mg

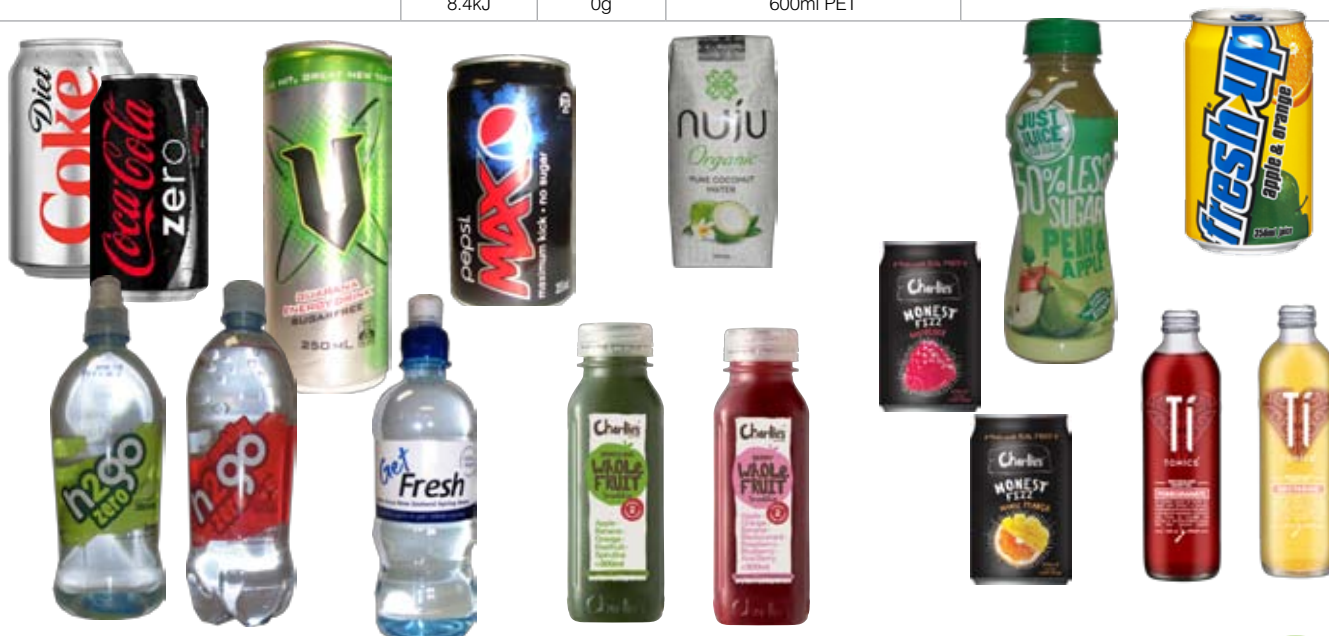
# Complete Lifestyle-Balance® Drink Range

The following products have been selected because they meet one or more of the following:

- Low sugar
- No sugar



Product	Energy kJ per serve	Sugar per 100g	Size	Reason
Charlies Honest Fizz, Raspberry, Lemonade, Orange Mango	417kJ	6.9g	350ml	Made with real fruit. Less sugar, sweetened with natural stevia.
Charlies Ti Tonics, (Super Tea) Nectarine, Mango, Pomegranite, Blueberry	61kJ	0.79	350ml	Blend of white tea, grapeseed extract and natural fruit flavour. Super low in sugar and rich in plant polyphenols, natures most powerful antioxidant.
Charlies Whole Fruit Smoothies, Mango, Berry Spirulina	678kJ 864kJ	12.0g 15.6g	300ml 300ml	Concentrated blend of fruit juices and superfoods equivalent to two fruit servings
H2go: Water	0kJ	0g	425ml	Drink most
H2go: Water	0kJ	0g	750ml	Drink most
Get Fresh: Water	0kJ	0g	500ml	Drink most
nuju Organic Pure Coconut Water	230.7kJ	4.0g	330ml	Nutritious Refreshing organic drink, serve chilled.
H2Go Flavoured Spring Water, Lime, Boysenberry, Summer Fruits	70kJ	0g	750ml	Naturally Flavoured Water, zero sugar, no artificial sweeteners. Sweetened with all natural plant extract Stevia.
H2Go Sparkling Flavoured Water, Lime, Cranberry	66.5kJ	0g	700ml	Sparkling Flavoured Water, zero sugar, no artificial sweeteners. Sweetened with all natural plant extract Stevia
Mizone Sportswater: Lime/Mandarin/Passionfruit/Crisp Apple	370kJ	21g	750ml SIPPER	Low Sugar
Fresh Up: Apple & Orange Original Apple, Crisp Apple, Apple & Mango, Apple & Lime, Apple & Feijoa	622kJ	10.3g	355ml Can	Low GI
Just Juice: Less sugar, Orange and Pear & Apple	405kJ	1.74g	350ml	50% less sugar naturally sweetened with Stevia.
Pepsi Max	4.6kJ	0g	355ml Can	Zero Sugar
Sugar Free "V"	31.8kJ 44.4kJ	0g 0g	250ml Can 350ml Glass	
Diet Coke	5.3 kJ 8.4kJ	0g 0g	355ml Can 600ml PET	Zero Sugar
Coke Zero	5.0 kJ 8.4kJ	0g 0g	355ml Can 600ml PET	Zero Sugar







## Portion Control

**CHOOSE YOUR  
SNACK AND HALVE**



**or share with  
a friend**



This message is brought to you by **Lifestyle-Balance™** your refreshment provider ~ promoting sensible messaging for sensible snacking.



**provender® is a New Zealand wide franchise with local Franchise Owners providing a choice of premium refreshment options direct to customers through a range of vending solutions. Our Franchise Owners restock and service Vending Machines, Honour Snack Centres and Coffee Machines on a regular basis to ensure our customers Stay Revived!**

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#### **provender® Vending Machines**

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### **Snacks at your finger tips!**



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### **Café Quality Coffee**



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**Let us help you identify the ideal option for your workplace.  
Simply call 0800 661 663.**

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