

SMALL change can make BIG nutrition difference



Launched in 2005, FitPick approved products have maximum limits on calories, sugar, fat and sodium.

Look for the **FitPick** logo to ensure you are making a **BETTER FOR YOU** choice when snacking.



17 Billion snacks and beverages are sold **EVERY YEAR** in U.S. vending and micro market outlets.¹

Did you know? There are many **BETTER FOR YOU** choices available that can **help you reach your nutrition goals.**

FitPick, NAMA's signature nutrition program, provides simple, turnkey information to **HELP CONSUMERS make informed choices.**



Drinking **3-5 cups** of **COFFEE** a day can help reduce Type 2 Diabetes.²



Drinking **3-4 cups** of **GREEN TEA** may reduce heart disease.³



665

FitPick and FitPick SELECT approved delicious products are available in vending machines and micro markets, with more products being added daily.

35,000

Micro markets (a self-checkout retail store featuring fresh foods and healthier snacks) will be popping up in the next 5 years.⁵



¹ Technomic, 2015, based on 2014 industry revenue
² Scientific Report of 2015 Dietary Guidelines Advisory Committee

^{3,4} Harvard School of Public Health, Healthy Beverages Guideline
⁵ Bachtelle and Assoc.



Check out **fitpick.org** for more information.