

MHealthy Approved Vending Items

MHealthy|GOOD CHOICE approved vending items meet MHealthy nutrition guidelines established by registered dietitians at the University of Michigan. Nutrition guidelines vary by category of food. For instance, for fruit, the guideline is fat free with no sugar added but for chips, snacks, cookies, snack bars and frozen novelties the guideline is no more than 5 grams of total fat, 1 gram or less of saturated fat, trans fat free and no more than 480 milligrams of sodium per package. The guidelines for all categories focus on setting healthy levels of the following components: total fat, saturated fat, trans fat, sodium, cholesterol, added sugar, and fiber. A UM registered dietitian compares the nutrition analysis (provided by AVI) of each item in the vending machine to the nutrition guidelines. Items that meet the MHealthy nutrition guidelines established for that food category are marked MHealthy approved. This list refers to AVI contracted vending machines on Ann Arbor and Flint campuses.

MHealthy GOOD CHOICE Approved Beverages												
	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	100% juice: < 12 oz.; soda: < 20 oz.			1 gram or less								No added sugar, herbs, vitamins, minerals, fiber or "enhanced caffeine"
All unsweetened water	any											No added sugar
All unsweetened or diet iced teas with 0 calories	any											No added sugar
Dairy Man Fat Free Skim Milk	16	180	0	0	0	0	260	26	0	24	16	No added sugar
Diet Coke	20	3	0	0	0	0	70	0.3	0	0.3	0	No added sugar
Diet Coke Caffeine Free	20	3	0	0	0	0	70	0.3	0	0.3	0	No added sugar
Diet Dr. Pepper	20	0	0	0	0	0	87.5	0	0	0	0	No added sugar
Diet Mountain Dew	20	0	0	0	0	0	88	0	0	0	0	No added sugar
Diet Mug Root Beer	20	0	0	0	0	0	112.5	0	0	0	0	No added sugar
Diet Pepsi	20	0	0	0	0	0	63	0	0	0	0	No added sugar
Diet Pepsi Caffeine Free	20	0	0	0	0	0	62.5	0	0	0	0	No added sugar
Diet Wild Cherry Pepsi	20	0	0	0	0	0	63	0	0	0	0	No added sugar
Florida's Natural 100% Apple Juice	12	160	0	0	0	0	15	41	0	40	0	No added sugar
Florida's Natural 100% Orange Juice	12	170	0	0	0	0	0	42	0	41	2	No added sugar
Horizon Organic Skim Milk	8	90	0	0	0	< 5	130	12	0	12	9	No added sugar
Pepsi One	20	1	0	0	0	0	35	0	0	0	0	No added sugar
Sierra Mist Free	20	0	0	0	0	0	63	0	0		0	No added sugar
Sprite Zero	20	0	0	0	0	0	60	0	0	0	0	No added sugar

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MHealthy GOOD CHOICE Approved Cereals												
	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chole sterol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Infor- mation
MHealthy Nutrition Guideline			3 grams or less	1 gram or less	0				at least 2.5 grams			
Kellogg's Smart Start	77 g	295	3.9	0.6	0	0	180	59	6.4	21.8	9	
Quaker Instant Oatmeal Express Golden Brown Sugar	54 g	200	2.5	0.5	0	0	290	42	3	18	5	

MHealthy Approved Vending Items

MHealthy|GOOD CHOICE Approved Chips, Cookies,
Snack Bars and Snacks

	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chole sterol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Infor- mation
MHealthy Nutrition Guideline	1 package		5 grams or less	1 gram or less	0 gram s		no more than 480 milligra ms					nuts & seeds: no more than 3 grams saturated fat
Austin Zoo Animal Crackers	2.12 oz	230	3	0.5	0	0	170	47	<1	13	4	
Baked Doritos Nacho Cheese	1.375 oz	170	5	1	0	0	310	29	2	2	3	
Baked Lays KC Masterpiece	1.125 oz	140	3	0.5	0	0	230	25	2	3	2	
Baked Lays Original	1.125 oz	130	1.5	0	0	0	170	26	2	2	2	
Baked Ruffles Cheddar and Sour Cream	1.125 oz	140	4	0.5	0	0	250	25	2	3	2	
Blue Diamond Almonds	1.5 oz	250	22	1.5	0	0	0	8	5	2	9	nut exception
Fat Free Fig Newtons	2.1 oz	100	0	0	0	0	130	22	1	12	1	
Genisoy Potato Bakes- Ranch	0.75 oz	80	2.5	0	0	0	210	12	1	1	4	
Kar's Original Trail Mix Unsalted Peanuts & Raisins	1.75 oz	240	16	2	0	0	0	20	3	12	8	nuts & seeds exception
Kashi TLC Chewy bar - Trail Mix	1.2 oz	140	5	0.5	0	0	105	20	4	6	6	
Kashi TLC Chewy bar - Honey Almond Flax	1.2 oz	140	5	0.5	0	0	115	19	4	5	7	
Kashi TLC Chewy bar - Peanut Peanut Butter	1.2 oz	140	5	0.5	0	0	90	19	4	5	7	
Kellogg's Nutrigrain Cereal bars- Strawberry	1.3 oz	130	3	0.5	0	0	120	24	2	12	2	
Nature's Select Toasted Soycrisp-BBQ	1 oz	115	3	0	0	0	220	12	2	1	7	
Nature's Select Toasted Soycrisp-Jalapeno Jack	1 oz	115	3	0	0	0	285	12	2	0	7	
Quaker Apple Crisp Bar	1.3 oz	130	2.5	0.5	0	0	85	26	1	9	1	7 g sugar alcohol
Rice Krispies Treat	1.3 oz	150	3.5	1	0	0	170	28	0	12	1	
Snyder Sourdough Nibblers	2.25 oz	240	0	0	0	0	400	50	<1	<1	6	

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MHealthy GOOD CHOICE Approved Fruit												
	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chole sterol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Infor- mation
MHealthy Nutrition Guideline			0 grams									No added sugar
All Fresh Fruit												No added sugar
Delmonte Cherry Mixed Fruit	1/2 cup (124g)	77	0	0	0	0	11	20	<1	16.5	<1	No added sugar
Delmonte Fruit Cocktail Lite	1/2 cup (124g)	60	0	0	0	0	10	15	1	14	0	No added sugar
Delmonte Mandarin Oranges	1/2 cup (126g)	77	0	0	0	0	11	19	<1	19	0	No added sugar
Dole Mandarin Oranges	1 cup (198g)	123	0	0	0	0	18	31.5	0	29.8	0	No added sugar
Dole Pineapple Chunks	1 cup (198g)	97	0	0	0	0	16	24.3	1.6	21.1	0	No added sugar
Dole Sliced Peaches	1 cup (198g)	123	0	0	0	0	26	31.5	1.8	29.8	0.9	No added sugar
Dole Tropical Fruit	1 cup (198g)	140	0	0	0	0	18	33.3	1	29.8	0.9	No added sugar

MHealthy Approved Vending Items

MHealthy GOOD CHOICE Approved Main Dish												
	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	at least 6 oz.		12 or less	5 g or less			1200 mg or less					at least 2 food groups; healthy fat exception
GFY Chicken Cacciatore	12	540	6	1	0	75	620	79	11	14	42	
GFY Pepper Steak w/Rice	8	240	7	2	0	45	730	23	2	0	19	
MHealthy GOOD CHOICE Approved Side Salads												
	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline			3 grams or less	1 gram or less								
GFY Pasta Salad	10.5	330	2	0.5	0	0	510	71	6	11	11	

MHealthy Approved Vending Items

MHealthy|GOOD CHOICE Approved Sandwiches

	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chole sterol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Infor- mation
MHealthy Nutrition Guideline	6-12 ounces		12 grams or less	5 g or less			1200 mg or less					see details for sandwiches weighing less than 6 ounces
FFT Cheese Pizza	3.7	240	5	2.5	0	15	570	35	2	5	13	
FFT Pepperoni Pizza	3.7	250	7	2.5	0	30	930	30	2	5	17	
Good For You (GFY) Gardenburger	4	280	6	1.5	0	10	520	42	8	5	14	
GFY Grilled Chicken Breast Sandwich	4.75	290	7	1	0	75	340	24	0	0	31	
GFY Ham & Chicken Sub	5	280	6	3	0	40	980	33	2	3	21	
GFY Honey of a Ham Sub	5	290	7	3.5	0	40	1070	35	2	5	22	
GFY Low Fat Frank & Cheese	3.5	210	7	2	0	45	990	26	1	5	12	
GFY Roast Beef Stacker	5	270	9	4.5	0	50	560	29	3	0	19	
GFY Roast Beef on Ciabatta Bread	6.9	410	5	0.5	0	30	1110	63	4	6	27	
GFY Roasted Turkey on Ciabatta Bread	6.9	410	7	1.5	0	45	1200	66	4	9	7	
GFY Scrambled Egg Sandwich	4	180	6	0.5	0	75	310	20	2	2	12	
GFY Shaved Turkey Stacker	5	250	7	0.5	0	40	1130	29	0	0	21	
GFY Tasty Tuna Sandwich	4	260	7	1.5	0	10	540	36	0	0	12	
GFY Turkey Burger	5	270	7	1.5	0	65	660	26	4	4	25	
GFY Virginia Ham & Cheese Sandwich	5	260	6	2	0	60	1020	33	4	1	22	
Lean Pocket - Turkey, Ham, & Cheese	4	125	3	1.6	0	11	315	20	1	3.5	5	
Supreme El Monterey Steak & Cheese Burrito	5	290	9	3	0	20	590	41	1	1	12	

MHealthy|GOOD CHOICE Approved Vegetables

			3 grams or less	1 gram or less								
MHealthy Nutrition Guideline												
GFY Veggie Snack	4	30	0	0	0	0	50	7	2	4	2	

MHealthy Approved Vending Items

MHealthy|GOOD CHOICE Approved Yogurt

	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chole sterol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugar (g)	Protein (g)	Milk alternatives such as soy milk must be calcium and Vitamin D fortified
MHealthy Nutrition Guideline			3 grams or less									
Colombo Classic Strawberry	8	220	2	1.5	0	15	115	42	0	36	7	
Colombo Classic Peach	8	220	2	1.5	0	15	115	42	0	36	7	
Columbo Light Banana Strawberry	8	120	0	0	0	<5	110	21	0	15	7	
Colombo Light Mixed Berry	8	120	0	0	0	<5	110	21	0	15		
Colombo Light Strawberry	8	120	0	0	0	<5	110	21	0	15	7	