

Menu Item	Serving	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Other
<b>Main Dish, Sandwiches</b>												
MHealthy Nutrition Guideline	>= 8 oz	<=500 calories		<= 10% of calories from sat fat			1,000 mg or less				>= 7 g protein	Must contain fruit and/or vegetable
Falafel Pita Sandwich	11.7 oz	403	7	4	0	0	687	38	5	0.5	24	Contains mixed greens, fatuous salad & pickles
Fiesty Gyro	10.7 oz	490	10	4.5	0	82	900	69	5.5	7	53	Lettuce, Tomato & Onion
<b>Sides</b>												
MHealthy Nutrition Guideline	Per serving	<= 250 calories		<= 10% of calories from sat fat			<=480 mg sodium					Must contain whole grains and/or vegetables
French Fries	1 serving	230	8	1	0	0	240	36	3	0	3	
<b>Vegetables</b>												
MHealthy Nutrition Guideline	Per Serving			<= 10% of calories from sat fat			<= 480 mg sodium					
Chopped Onions	1 oz	6	0	0	0	0	1	2.6	0.5	1	0	
Chopped shredded Lettuce	1 oz	4	0	0	0	0	1	1	0.4	1	0	
Chopped Romaine Lettuce	5 oz	18	0	0	0	0	10	6	1	1	0.5	
Chopped Tomatoes	1.5 oz	5	0	0	0	0	1	1	0.5	1	0	
Mixed Greens	5 oz	10	0	0	0	0	15	4.5	1.5	1.5	0.8	
<b>Salad Dressings &amp; Condiments</b>												
MHealthy Nutrition Guideline	Per 2 Tbsp (1 oz)			<= 10% of calories from sat fat			<=320 mg sodium					
Fatoush Dressing	1 oz	75	7	0.8	0	9	140	2.5	0	2	0	serving= 2 oz
Hummus	1 oz	47	2.6	0.4	0	0	69	4	2	0	2	
<b>Animal &amp; Plant Based Proteins</b>												
MHealthy Nutrition Guideline	Per 3.5 oz cooked											Items cannot be fried; <= 4.5 g sat fat; Lunch meats: <= 240 mg sodium; Protein-based salads: <=240 mg sodium
Chicken Gyro Meat	4 oz	174	8.7	2.5	0	18	235	0	0	0	7	
Chicken Shawrama Meat	4 oz	150	8	1.5	0	14	209	0	0	0	5.5	
Lamb	4 oz	180	12	4.5	0	22.5	300	0	0	0	8	
Steak Shawrama Meat	4 oz	170	9	1.8	0	12	255	0	0	0	8	
<p>he MHealthy logo identifies healthier choices in vending machines, at dining locations and catering throughout U-M.</p>												