

Atrium Healthy Heart Cafe

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
Animal and Plant-based Proteins												
MHealthy Nutrition Guideline	per 3.5 ounces			4.5 grams or less			lunchmeats (per oz.) /protein-based salads (per 3.5 oz): <=240 mg					item cannot be fried; hard boiled eggs & 1% cottage cheese ok
cottage cheese 1%	1 oz.	20	0	0	0	0	115	1	0	1	4	
Eggs, hard-boiled	1 large	80	5	2	0	210	140	1	0	1	6	
Salad bar												
Diced Turkey												
Garbanzo Beans	1 ozw	20	0	0	0	0	39	4	1	0	1	
Edamame	1 ozw	40	1	0	0	0	25	3	0	1	4	
Deli												
Hummus	4 ozw.	170	10	1.5	0	0	130	16	2	0	7	
Tuna Salad	4 oz.	160	7	1	0	50	95	3	0	1	21	
Egg Salad	4 ozw.	120	6	1.5	0	155	220	2	0	1	11	
Chicken Salad	5.9 oz.	250	7	1.5	0	105	125	8	1	7	38	
Low Sodium Oven Roasted Turkey	2.9 ozw	45	0	0	0	35	330	1	0	1	17	
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
Baked Goods (muffins, donuts, pastries, scones, biscotti)												
MHealthy Nutrition Guideline	2 oz. or less			10% or less					2.5 grams or more	10% or less added		
Lucky Heart Muffins	3 oz.	190	5	0.5	0	0	290	36	5	19	6	exception
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
Cereals												
MHealthy Nutrition Guideline							300 mg or less		at least 2.5 grams	10 grams or less added		1st ingredient is a whole grain
Cheerios Cereal Whole grain bowl	1 oz	100	2	0.05	0	0	140	20	3	1	3	
Kashi Golean Cereal	1.6 oz	130	1	0	0	0	75	26	9	5	12	
Kashi Heart to Heart Cereal	1.4 Oz	140	2	0	0	0	100	31	5	7	12	
Kashi Heart to Heart Wild Blueberry Clusters cereal	1.9 oz	200	2	0.5	0	0	135	43	4	12	6	
Oatmeal	8 ozw	130	2.5	0	0	0	0	25	4	0	5	
Kellogg Rasin Bran	1.25 oz	110	0.5	0	0	0	125	27	4	10	3	

Atrium Healthy Heart Cafe

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
Breads												
MHealthy Nutrition Guideline	3 oz. or less			10% or less			300 mg or less		at least 2.5 grams	10% or less calories		1st ingredient is a whole grain
Whole Wheat english Muffin	2 oz	120	1	0	0	0	220	23	3	1	5	
Deli												
Yasmeen Whole Wheat Pita	1 oz	80	0.5	0	0	0	40	18	3	1	3	whole wheat flour
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
Chips, Pre-packaged Snacks												
MHealthy Nutrition Guideline			5 grams or less	10% or less	0		240 mg or less			10% or less added		nut/seed exception: no total fat limit; 3 g sat. fat limit
Baked Tostitos Scoops Tortilla Chips	.88 oz	110	2.5	0	0	0	125	19	2	0	2	
Go Bitos Tangy Ranch	28g	102	1.5	0	0	0	190	17	5	2	5	
Go Bitos Tangy Thai Chili	28g	110	1.5	0	0	0	190	18	5	2	5	
Go Bitos White Cheddar	28 g	110	1.5	0	0	0	170	18	7	2	5	
Beef Sausage Snack Stick	.5 oz	30	1	0	0	10	190	0	0	0	4	
Smartfood White Cheddar Popcorn	.5 oz	70	2.5	0	0	0	110	9	2	0	2	
Goldfish Cheddar Crackers whole grain	0.75	100	4	0.5	0	0	170	14	1	0	2	
Quaker Snack Mix	.88 oz	110	3.5	0	0	0	180	17	2	2	2	
Rold Gold Heart shaped pretzels	0.7 oz	80	1.5	0	0	0	200	1.5	2	0	2	
Rold gold tiny twist Pretzels	.5 oz	60	0.5	0	0	0	220	12	1	0	1	
Baked Lays-Original	1.13 oz	130	2	0	0	0	150	26	2	2	2	
Baked Cheddar & Sour Cream	1	100	3	0	0	0	200	17	1	2	1	
Baked Lays-Sour Cream & Onion	1.13 oz	130	2	0	0	0	200	26	2	2	2	
NBTF Raspberry Chia Fruit snack	0.9 oz	100	0.05	0	0	0	10	23	2	19	1	No added sugar
NBTF Concord Grape fruit snack	0.9 oz	100	0	0	0	0	15	23	2	19	1	No added sugar
NBTF Strawberry fruit snack	0.9 oz	100	0	0	0	0	10	24	2	21	1	No added sugar
Fat Free Fig Newtons	2.1 oz	100	0	0	0	0	130	22	1	13	1	
Kar's Raisin Almond Cashew Mix	1 oz	120	7	1	0	0	0	15	2	9	3	nut exception
KAR'S - Nuts - Roasted & Salted*												
Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	nut exception
Almonds	1 oz	170	16	1	0	0	5	3	1	6		nut exception
Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	nut exception
KAR'S - Peanuts & Nuts - Unsalted*												
Almonds, Natural	1 oz	160	14	1	0	0	0	6	3	1	6	nut exception
Cashews, Roasted	1 oz	160	14	2.5	0	0	0	8	1	1	5	nut exception
KAR'S - Seeds & Kernels (Roasted & Salted)*												
Sunflower Kernels	1 oz	170	15	2	0	0	115	6	3	<1	6	seed exception
Pistachios, In-Shell	1 oz	160	13	1.5	0	0	115	8	3	2	6	nut exception
Wheat Crackers	1 oz.	35	1	0	0	0	60	5	0	0	0	
*These items may contain more than one serving per package. They are MHealthy for one serving.												
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
Yogurt												

Atrium Healthy Heart Cafe

	6 oz. or less	150 or less		2 grams or less									no artificial sweeteners or colors
MHealthy Nutrition Guideline													
Dannon Oikos Triple Zero Non-fat Strawberry Greek	5.3 oz	120	0	0	0	0	65 mg	15 g	6 g	7g			
Dannon Oikos Triple Zero Non-fat Vanilla Greek	5.3 oz	120	0	0	0	0	65 mg	15 g	6g	7g			
Chobani greek yogurt peach fruit on the bottom (FOB)	5.3 oz												
Chobani greek yogurt Blueberry FOB	5.3 oz												
Chobani greek yogurt stawberry (FOB)	5.3 oz	120	0	0	0	5	60	19	0	15	12		
Chobani greek yogurt raspberry FOB	5.3 oz.	120	0	0	0	5	50	18	0	16	12		
Dannon Oikos Greek Nonfat Plain (yogurt bar)	1 cup	120	0	0	0	15	80	9	0	9	22		
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	
Fruit													
MHealthy/CVC Nutrition Guideline	per serving											no added sugar or artificial sweeteners	
Apple	5 oz	80	0.5	0	0	0	20	21	4	0	0		
Banana	5 oz	110	0.5	0	0	0	30	28	3	0	1		
Orange	4.6 oz	60	0	0	0	0	0	15	3	0	1		
Pear	5.8 ozw	100	0	0	0	0	0	26	6	16	1		
Plum	2.3	30	0	0	0	0	0	8	1	7	0		
Fresh mixed fruit cup	8 oz.	110	0	0	0	0	20	27	2	23	1		
Pineapple Cup	8 ozw.	110	0	0	0	0	0	30	3	22	1		
Watermelon cup	7.3 ozw	60	0	0	0	0	0	16	1	13	1		
Yogurt bar													
Blueberries	1 ozw	15	0	0	0	0	0	4	1	3	0		
Cantaloupe	1 ozw	10	0	0	0	0	0	2	0	2	0		
Grapes, fresh	1 ozw	20	0	0	0	0	0	5	0	4	0		
Honeydew Melon	1 ozw	10	0	0	0	0	0	3	0	2	0		
Pineapple	1 ozw	15	0	0	0	0	0	4	0	3	0		
Blackberries or raspberries	1 ozw	15	0	0	0	0	0	3	2	1	0		
Raisins	0.5 ozw	40	0	0	0	0	0	11	1	8	0		
Strawberries	1 ozw	10	0	0	0	0	0	2	1	1	0		
Watermelon	1 ozw	10	0	0	0	0	0	2	0	2	0		
mandarin oranges or peaches (canned in juice)													
Salad Bar													
Apples	1 ozw	15	0	0	0	0	0	4	1	3	0		
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	
Healthy Fats													
Yogurt/Salad Bar													
Black Olives	0.5 ozw	15	1.5	0	0	0	105	1	0	0	0		
Sunflower Seeds	0.5 ozw	80	7	0.5	0	0	60	3	1	0	3		
Walnuts	0.5 ozw	90	9	1	0	0	0	2	1	0	2		
Oatmeal/Salad Bars													
Ground flax seed	05. ozw	70	5	0	0	0	0	4	4	0	3		
Olive oil	1 Tbsp.	120	14	2	n/a	0	0	0	0	0	0		
Peanut Butter	.74 oz	130	11	2.5	n/a	n/a	100	5	2	2	5		

Atrium Healthy Heart Cafe

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
Main Dish												
MHealthy/CVC Nutrition Guideline	at least 8 ounces	500 or less		10% or less			600 mg or less				7 grams or more	contains Fruit and/or vegetable
Chicken Caesar Salad with FF Caesar dressing	8.8 ozw	230	7	1.5	0	70	490	16	4	3	29	
Chicken Salad (on deli)	5.9 ozw.	250	7	1.5	0	105	125	8	1	7	38	
Cranberry Mandarin Chicken Salad (no dressing, no cheese)	14.2 oz	250	4.5	1	0	85	110	28	7	19	27	
Tuna Salad Cup	4 oz	100	3.5	0.5	0	25	90	5	1	2	11	
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
Sides												
Mhealthy/CVC Nutrition Guideline	per serving	250 calories or less		10% or less calories			240 mg or less					contains whole grain or vegetable
Garden Salad (no dressing)	9.2 ozw	50	0.5	0	0	0	40	10	4	5	3	
Carrot and celery sticks												
Hummus with Veggies	7.8 oz	130	5	0.5	0	0	170	16	5	4	4	
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
Salad Dressings and Condiments												
MHealthy/CVC Nutrition Guideline	per serving size that fits			10% or less			140 mg or less				5 grams or less total	
Balsamic Vinegar	1 oz	25	0	0	0	0	5	5	0	4	0	
Balsamic Vinaigrette	1 oz	90	9	1	0	0	15	2	0	2	0	
Hummus	2 ozw.	80	4.5	0.5	0	0	70	7	2	0	3	
Low calorie lite mayo	15 g	25	1	0	0	15	55	4	0	1	0	
Mustard	0.5 ozw.	0	0	0	0	0	140	3	0	0	0	
Pureed Avocado	2 ozw.	100	9	1	0	0	0	6	4	0	2	
Red Wine Vinegar	1 oz	5	0	0	0	0	0	0	0	0	0	
GFS Grape Jelly Cup	12 g	10	0	0	0	0	0	3	0	1	0	
GFS Mixed Jelly Cup	12 g	10	0	0	0	0	0	3	0	1	0	
GFS Strawberry	12 g	10	0	0	0	0	0	3	0	1	0	
Peppercorns												
Crushed Red Pepper												
Low-Sodium FF Italian pkt.	12 g	5	0	0	0	0	105	1	3	1	0	
Low-Sodium FF French Dressing pkt.	12 g	10	0	0	0	0	140	4	0	3	0	
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
Sandwiches												
MHealthy Nutrition Guideline	at least 8 ounces	500 or less		10% or less			600 mg or less				7 grams or more	contains Fruit and/or vegetable
Avocado Veggie with cream cheese	7.3 ozw	270	9	2.5	0	5	470	41	5	7	8	

Atrium Healthy Heart Cafe

Avocado Veggie with Hummus Tweener (wheat tortilla)	8.7 oz	340	12	2	0	0	480	48	7	6	9	
Ben's Boston Bibb Lettuce Wrap	10.5	190	7	1.5	0	105	160	9	2	5	23	
Chicken Salad Tweener (wheat tortilla)	10.2 oz	460	12	2.5	0	105	520	44	4	11	43	
Dali's Surreal Hummus Whole Grain	9.4 ozw.	360	9	0.5	0	0	470	59	9	13	16	
Dali's Surreal Veggie w/cream cheese on whole grain	7.9 oz	290	6	1.5	0	5	460	52	7	14	14	
Egg Salad on whole grain	8.1 oz	340	9	1.5	0	115	550	49	7	12	21	
Egg Salad Pita Pocket	6 oz	170	6	1.5	0	120	220	21	3	3	12	
Egg Salad Tweener (wheat tortilla)	7.8 oz	310	11	2.5	0	135	590	38	4	5	15	
Egg White Breakfast SW	5.3 oz	130	1.5	0	0	0	15	26	4	4	7	
Egg White Breakfast Burrito	6.4 oz	250	5	1	0	0	470	40	5	5	11	
Ni's Chicken Salad Pita Pocket	5.8 oz	220	4	1	0	55	115	23	3	5	23	
Tuna Salad on whole grain	9.1 oz	410	11	1	0	50	480	50	7	12	34	
Tuna Salad Pita Pocket	5.8 oz	210	6	1	0	40	120	21	3	3	20	
Tuna salad Tweener (wheat tortilla)	8.3 oz	370	12	2	0	50	490	38	4	5	27	
Veggie Tweener w/cream cheese (wheat tortilla)	7.1 oz	250	7	2.5	0	5	470	40	4	7	7	
Veggie Tweener w/hummus (wheat tortilla)	10.4 oz	410	15	2.5	0	0	560	55	8	6	12	
Vegetarian Black Bean Burger	6.8 oz	270	4.5	0.5	0	0	400	43	8	5	16	
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
Snack Bars												
MHealthy/CVC Nutrition Guideline		250 or less						no added supplements, vitamins or minerals				1st 2 ingredients must be nuts, seeds, fruits or whole grains
Kashi TLC Chewy bar: Trail Mix	1.2 oz	140	5	0.5	0	0	95	20	4	6	6	rolled whole grain blend, roasted almonds
Kind-Fruit & Nut	1	200	13	1.5	0	0	15	17	3	7	6	Peanuts, Almonds
Kind-Blueberry Vanilla & Cashew	1	180	12	2	0	0	20	19	4	7	4	Cashews, Almonds
Kind-Madagascar vanilla almond	1	210	16	1.5	0	0	15	14	6	4	7	Almonds, peanuts, cashews
Quaker Breakfast Flats Cranberry Almond	1	180	7	0.5	0	0	135	27	3	11	3	whole grain oat flour , whole grain oats
Quaker Breakfast Flats Banana Honey Nut	1	180	7	0.5	0	0	140	27	3	10	3	whole grain oat flour , whole grain oats
That's It bar--Apple & Blueberry	1	100	0	0	0	0	25	26	4	19	1	apples, blueberries
That's It bar--Apple & Strawberry	1	100	0	0	0	0	30	22	4	17	1	apples, strawberries
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
Soup												
MHealthy/CVC Nutrition Guideline	8 ozv			10% or less calories			480 mg or less					
Butternut Squash Soup	8 oz	100	1	0	0	0	200	20	4	11	5	
Carrot Ginger Bisque	8 oz	50	0	0	0	0	270	9	1	6	4	
Chicken Noodle	8 oz	160	3	0.5	0	40	30	22	1	2	10	
Chicken Tortilla	8 oz	80	1.5	0	0	20	120	8	1	2	8	
Chicken Vegetable	8 oz	90	3.5	0	0	20	320	4	0	2	10	

Atrium Healthy Heart Cafe

Corn Chowder	8 ozv	140	1.5	0.5	0	5	125	28	3	8	6	
Cream of Broccoli	8 ozv	110	1.5	1	0	5	220	17	1	10	8	
Cream of Mushroom	8 ozv	110	1.5	1	0	5	210	17	1	11	9	
Gazpacho	8 ozv	50	2	0	0	0	10	7	2	4	1	
Manhattan Clam Chowder	8 ozv	30	0	0	0	0	190	5	1	2	2	
Navy Bean	8 ozv	70	0	0	0	0	260	12	3	0	4	
Oriental Chicken	8 oz	35	1	0	0	15	40	1	0	0	6	
Roasted Garlic Bisque	8 ozv	100	0	0	0	5	200	18	1	10	8	
Roasted Red Pepper Bisque	8 ozv	70	0	0	0	5	310	11	2	8	5	
Tomato Basil	8 ozv	60	1	0	0	0	80	10	1	6	3	
Vegan Southwest Black Bean & Rice	8 ozv	190	2.5	0	0	0	320	32	7	1	8	
Vegetable Soup	8 ozv	40	2.5	0	0	0	220	3	0	2	2	
Vegetable Orzo Soup	8 ozv	70	2.5	0	0	0	230	9	1	3	3	
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

Vegetables

	per serving			10% or less calories			140 mg or less					
MHealthy Nutrition Guideline												
Salad Bar and/or Deli												
Banana Peppers	1 ozw	10	0	0	0	0	0	2	1	1	0	
Bell Peppers	1 ozw	5	0	0	0	0	0	1	0	1	0	
Broccoli	1 ozw	10	0	0	0	0	10	1	1	0	1	
Carrots	1 ozw	10	0	0	0	0	20	3	1	1	0	
Celery	1 ozw	5	0	0	0	0	25	1	0	0	0	
Cucumber Slices	1 ozw	5	0	0	0	0	0	1	0	0	0	
Radishes	1 ozw	5	0	0	0	0	10	1	0	1	0	
Pea Pods	1 ozw	10	0	0	0	0	0	2	1	1	1	
Lettuce, Boston Bibb (3 leaves)	1.6 ozw	5	0	0	0	0	0	1	0	0	0	
Lettuce, Leaf (1 leaf)	.8 ozw	5	0	0	0	0	5	1	0	0	0	
Mixed Greens	1 ozw	5	0	0	0	0	5	1	1	0	0	
Mushrooms	1 ozw	5	0	0	0	0	0	1	0	1	1	
Onion, Red	1 ozw	10	0	0	0	0	0	3	0	1	0	
Spinach	1 ozw	5	0	0	0	0	20	1	1	0	1	
Tomatoes	1 ozw	5	0	0	0	0	0	1	0	1	0	