



Nutrition

NUTRITION GUIDELINES FOR ATRIUM HEALTHY HEART CAFE

FOOD CATEGORY	SERVING SIZE	NUTRIENT LIMITS
Beverages	Per 8 ounce serving	All – No added sugar, no additives or dyes Milk & milk alternatives - $\leq 1\%$ milk, a “good” source of calcium All others - ≤ 5 calories per serving
Baked Goods	2 ounces or less	≥ 2.5 grams dietary fiber, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar, ≤ 300 mg sodium
Breads	3 ounces or less	1st ingredient is a whole grain, ≥ 2.5 grams dietary fiber, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar, ≤ 300 mg sodium
Cereals	Per serving	1st ingredient is a whole grain, ≥ 2.5 grams dietary fiber, ≤ 10 grams of added sugar, ≤ 300 mg sodium
Bars	Per serving	First 2 ingredients are nuts, seeds, whole fruits or whole grains, ≤ 250 calories, no added supplements, vitamins or minerals, ≤ 240 mg sodium
Chips, Pre-Packaged Snacks	Per serving	≤ 5 grams total fat, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar, ≤ 240 mg sodium Nuts, seeds, nut/seed mixtures have no total or saturated fat limit and still meet added sugar & sodium limits
Fruits	Per serving	No added sugar or artificial sweeteners, no juices
Main Dish, Sandwiches ≥ 8 oz	Per serving	$\leq 10\%$ of calories from saturated fat, ≤ 600 mg sodium, ≤ 500 calories, ≥ 7 grams of protein and must contain fruit and/or vegetable

Nutrition Guidelines for Atrium Healthy Heart Cafe

FOOD CATEGORY	SERVING SIZE	NUTRIENT LIMITS
Yogurt	6 ounces or less	<= 150 calories, <=2 grams saturated fat, no artificial sweeteners or colorings.
Animal & Plant Based Proteins	Per 3.5 ounces cooked	Items cannot be fried, <= 4.5g saturated fat, Lunch meats: <= 140mg sodium per oz, Protein based salads: <= 240mg sodium per serving
Healthy Fats	Per serving	Includes olive oil, nuts, seeds, nut & seed butters, avocado, whole olives
Sides	Per serving	<= 10% of calories from saturated fat, <= 240mg sodium, <= 250 calories, must contain whole grains and/or vegetables
Salad Dressings & Condiments	Per 2 Tablespoons (1oz)	<= 10% of calories from saturated fat, <= 5 grams total sugar, <= 140mg sodium
Soups	Per 8 fluid ounces	<= 10% of calories from saturated fat, <= 480mg sodium
Vegetables	Per serving	<= 10% of calories from saturated fat, <= 140mg sodium

All Categories-< .5g trans fat per serving

A team of University of Michigan Registered Dietitians developed this unique set of guidelines for each type of food offered at the cafe. These guidelines are designed specifically for patients with heart disease, those trying to prevent heart disease, and individuals loving fresh and wholesome food. Ninety percent of the foods served in the Atrium fit these guidelines. Look for the MHealthy logo to identify these foods.