

	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 Approved Beverages												
MHealthy Nutrition Guideline	Per 8 ounce serving	<= 5 calories										No additives or dyes, <=1% milk, no added sugar, deemed a "good" source of calcium
Aquafina Water	20 oz	0	0	0	0	0	0	0	0	0	0	
Dasani Water	20 oz	0	0	0	0	0	0	0	0	0	0	
Deja Blue Water	20 oz	0	0	0	0	0	0	0	0	0	0	
Smart Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	
Skim Milk	12 fl oz	150	0	0	0	5	220	22	0	20	14	
	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 Approved Cereals												
MHealthy Nutrition Guideline	Per Serving						<= 300 mg sodium		>= 2.5 grams dietary fiber	<=10 g of added sugar		First ingredient is a whole grain
Kashi Go Lean Cereal-in-a-cup	1.6 oz	130	1	0	0	0	75	26	9	5	12	
Kashi Heart to Heart Honey Oat Cereal-in-a-cup	1.4 oz	140	2	0	0	0	100	31	6	6	4	
Kashi Heart to Heart Wild Blueberry Cereal-in-a-cup	1.9 oz	200	2	0	0	0	135	43	4	12	6	Whole grain oats, contains blueberries
Quaker Instant Oatmeal, Apples & Cinnamon	1.5 oz	160	2	0	0	0	200	33	4	12	4	Whole grain rolled oats, contains dried apples
	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 Approved Chips, Pre-Packaged Snacks												
MHealthy Nutrition Guideline	Per Serving		<=5 grams total fat	<=10% of calories from sat fat			<=240 mg sodium			<=10 % of calories from added sugar		Nuts, seeds, nut/seed mixtures have no total fat or saturated fat limits, but still meet added sugar & sodium limits
Baked Cheetos w/ Calcium, Crunchy	0.88 oz	120	4.5	0.5	0	0	200	17	<1	<1	2	
Baked Cheetos w/ Calcium, Flamin' Hot	0.88 oz	120	4.5	0.5	0	0	190	18	<1	0	2	
Baked Doritos Nacho Cheese	0.75 oz	90	3	0.5	0	0	170	16	1	<1	2	
Baked Lays Barbecue	0.88 oz	110	2.5	0	0	0	190	19	2	2	2	
Baked Lays Barbecue	0.98 oz	120	3	0.5	0	0	160	22	1	3	2	
Baked Lays Original	0.88 oz	100	1.5	0	0	0	115	20	2	2	2	
Baked Lays Original	1.125 oz	130	2	0	0	0	150	26	2	2	2	
Baked Lays Southwestern Ranch	1 oz	120	3	0.5	0	0	160	21	2	2	2	
Baked Lays Sour Cream & Onion	0.88 oz	110	3	0	0	0	190	19	2	3	2	

Baked Lays Sour Cream & Onion	0.98 oz	120	3.5	0.5	0	0	170	21	1	3	2	
Baked Naturals Cracker Chips, Multigrain	1 oz	130	4	0.5	0	0	200	22	2	3	1	
Baked Tostitos Scoops, Original	0.88 oz	110	2.5	0	0	0	125	19	2	0	2	
Blue Diamond Whole Natural Almonds	1.5 oz	160	14	1	0	0	0	0	3	1	6	Healthy fat exception
Blue Diamond Almonds Mini Nut-Thins Cheddar Cheese Crackers Almond & Rice Cracker Snacks	0.71 oz	90	2.5	0	0	0	170	15	0	0	2	
Chex Mix Hot n' Spicy	0.92 oz	110	3	0.5	0	0	140	19	2	2	2	
Cheetos Fantastix Chili Cheese	1 oz	130	5	1	0	0	200	19	1	<1	2	
Cheetos Fantastix Flamin Hot	1 oz	120	4.5	0.5	0	0	200	18	<1	<1	2	
Cheetos Oven Baked Flamin' Hot Cheese Flavored Snacks	7/8 oz	120	4.5	0.5	0	0	190	18	1	0	2	
Clif Kid Organic Twisted Fruit Rope, Grape	0.7 oz	70	0	0	0	0	5	16	<1	14	0	
Clif Kid Organic Twisted Fruit Rope, Strawberry	0.7 oz	60	0	0	0	0	5	16	<1	14	0	
Funyuns, Onion Flavored	0.75 oz	110	5	0.5	0	0	180	14	<1	<1	2	
Gluten Free 100 Calorie Pack	0.9 oz	100	1.5	0.5	0	0	220	22	0	0	0	
Good Health Natural Foods, Half Naked Popcorn	0.8 oz	90	2	0	0	0	105	16	3	0	2	
	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 Approved Chips and Pre-Packaged Snacks

MHealthy Nutrition Guideline	Per Serving		<=5 grams total fat	<=10% of calories from sat fat			<=240 mg sodium			<=10 % of calories from added sugar		Nuts, seeds, nut/seed mixtures have no total fat or saturated fat limits, but still meet added sugar & sodium limits
Good Thins The Rice One, Sea Salt & Pepper	0.8 oz	90	1.5	0	0	0	85	19	2	<1	1	

Herr's Potato Popped Chips, Tangy Barbecue	0.6 oz	70	1.5	0	0	0	130	12	1	1	1	
Honey Graham Stick Cookies	1 oz	120	2.5	0	0	0	150	23	1	10	1	
Kar's Brown Sugar Granola Trail Mix *	1.5 oz	150	5	0	0	0	50	24	3	10	3	Contains dried bananas and raisins
Kar's Mango Pineapple Trail Mix, Unsalted	1.5 oz	120	5	0.5	0	0	15	18	1	13	2	Contains Pineapple
Kar's Nuts, Salted Almonds	1 oz	160	14	1	0	0	0	5	3	1	6	Healthy fat exception
Kar's Nuts, Salted Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	Healthy fat exception
Kar's Nuts, Salted Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	Healthy fat exception
Kar's Nuts, Salted Pistachios	1 oz	80	7	1	0	0	60	4	2	1	3	Healthy fat exception
Kar's Original Trail Mix, Unsalted	1.5 oz	200	14	1.5	0	0	0	17	3	10	7	Healthy fat exception, contains raisins
Kashi Sundried Tomato, Basil & Feta All Natural Hummus Crisps	0.8 oz	90	2.5	0	0	0	150	16	3	<1	3	
Kellogg's Special K Cracker Chips, Cheddar	0.87 oz	90	2.5	0	0	0	190	18	2	1	2	
Kellogg's Special K Cracker Chips, Sea Salt	0.87 oz	90	2	0	0	0	190	19	3	0	2	
Kellogg's Special K Cracker Chips, Sour Cream & Onion	0.87 oz	90	2.5	0	0	0	190	19	2	1	2	
Kellogg's Special K Cracker Chips, Southwest Ranch	0.87 oz	90	2	0	0	0	190	19	2	1	2	
Kellogg's Special K Cracker Chips, Honey Barbecue	0.87 oz	90	2	0	0	0	180	19	2	2	1	
	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 Approved Chips and Pre-Packaged Snacks

MHealthy Nutrition Guideline	Per Serving		<=5 grams total fat	<=10% of calories from saturated fat			<=240 mg sodium			<=10% of calories from added sugar		Nuts, seeds, nut/seed mixtures have no total fat or saturated fat limits, but still meet added sugar & sodium limits
Kellogg's Special K Popcorn Chips, Sweet & Salty	0.77 oz	90	2	0	0	0	85	18	0	2	1	
Lays, Regular	0.5 oz	80	5	0.5	0	0	80	8	<1	0	1	
Mr. Nature Oriental Mix	1 oz	110	0	0	0	0	160	25	0	<1	2	
Mr. Nature Salted Almonds	1 oz	170	12	1	0	0	40	7	3	1	7	Healthy fat exception
Mr. Nature Salted Peanuts	1 oz	170	14	2	0	0	130	6	3	0	8	Healthy fat exception
Mr. Nature Unsalted Trail Mix	1.1 oz	130	7	1	0	0	10	14	2	5	5	Healthy fat exception, contains raisins
Mr. Nature Unsalted Trail Mix	1.75 oz	210	11	2	0	0	18	23	2	7	7	Healthy fat exception, contains raisins
Mrs. Mays Almond Crunch *	2 oz	156	13	1	0	0	37	8	3	3	5	Fat exception: contains almonds
Mrs. Mays Cashew Crunch *	2 oz	150	11	2	0	0	40	11	1	3	4	Fat exception: contains cashews, sesame seeds
Mrs. Mays Cran-Blueberry Crunch *	2 oz	172	12	2	0	0	36	9	2	4	5	Contains cranberries, dried blueberries; also fat exception for cashews, almonds, pistachios
Nabisco Fig Newton's	2.1 oz	100	0	0	0	0	95	24	2	13	1	Contains Figs
Nabisco Wheat Thins Popped Chips, Sour Cream & Onion	0.8 oz	90	2	0	0	0	210	17	1	2	2	
Pirate's Booty, Aged White Cheddar	1 oz	130	5	1	0	0	150	18	1	0	2	
Planters Honey Roasted Peanuts Dry Roasted *	1 oz	160	13	2	0	0	115	7	2	4	6	
	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 Approved Chips and Pre-Packaged Snacks

MHealthy Nutrition Guideline	Per Serving		<=5 grams total fat	<=10% of calories from saturated fat			<=240 mg sodium			<=10% of calories from added sugar		Nuts, seeds, nut/seed mixtures have no total fat or saturated fat limits, but still meet added sugar & sodium limits
Planter's Salted Peanuts	1 oz	170	14	2	0	0	115	5	2	1	7	Healthy fat exception
Pop Chips, Barbeque Potato	0.8 oz	100	3	0	0	0	210	16	1	2	1	
Pop Chips, Original Potato	0.8 oz	100	3	0	0	0	230	16	1	0	1	
Pop Chips, Sea Salt & Vinegar	0.8 oz	100	3	0	0	0	210	16	1	1	1	

Popcorn Indiana Fit Popcorn, Real Butter	0.3 oz	35	1	0	0	0	65	6	1	0	1	
Popcorn Indiana Fit Popcorn, Sea Salt	0.5 oz	60	3	0	0	0	110	9	2	0	1	
Pop Corners Popped Corn Chips, Sea Salt	1.1 oz	140	3.5	0	0	0	190	24	0	0	3	
Pop Corners Popped Corn Chips, Caramel	1.1 oz	130	4.5	0.5	0	0	60	22	<1	2	2	
Pop Corners Popped Corn Chips, Kettle *	1.1 oz	140	4	0	0	0	110	23	<1	3	2	
Quaker Snack Mix Kid's Mix	0.88 oz	110	4	1	0	0	190	18	1	4	2	Contains milk ingredients
Rebellion Bean Popped Bean Crisps, Salt of the Earth	1 oz	100	2.5	0	0	0	180	18	3	0	4	
Reduced Fat Doritos Nacho Cheese	1 oz	130	5	0.5	0	0	200	20	2	0	2	
Reduced Fat Doritos Cool Ranch	1 oz	130	5	1	0	0	160	19	2	1	2	
Reduced Fat Doritos Spicy Sweet Chili	1 oz	130	5	0.5	0	0	180	20	2	<1	2	
Reduced Fat Smartfood White Cheddar Popcorn	0.5 oz	60	2.5	0	0	0	125	9	1	0	2	
Rold Gold Hartzels Pretzels	1 oz	120	1.5	0	0	0	200	23	2	1	2	
Seapoint Farms, Dry Roasted Edamame, Lightly Salted	1.58 oz	100	3	0.5	0	0	115	8	6	1	11	
Seapoint Farms, Dry Roasted Edamame, Spicy Wasabi	1.58 oz	100	3	0.5	0	0	100	7	5	1	11	
Smartfood Selects Cinnamon & Sugar Popped Chips	0.8 oz	100	3.5	0	0	0	80	16	1	3	1	Contains buttermilk
	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 Approved Chips and Pre-Packaged Snacks

MHealthy Nutrition Guideline	Per Serving		<=5 grams total fat	<=10% of calories from sat fat			<=240 mg sodium			<=10 % of calories from added sugar		Nuts, seeds, nut/seed mixtures have no total fat or saturated fat limits, but still meet added sugar & sodium limits
Smartfood Selects- Feta & Herb Hummus Popped Chips	0.8 oz	100	4	0	0	0	130	13	2	1	3	
Smartfood Selects- Garlic Tomato Basil Hummus Popped Chips	0.8 oz	100	4	0	0	0	130	13	2	1	3	
Smartfood Selects Sweet BBQ Popped Chips	0.8 oz	100	4	0	0	0	170	17	1	2	1	
Snak King, WTE Multigrain Chips with Sea Salt	1.25 oz	150	5	0.5	0	0	130	16	3	2	2	
Snikiddy Grilled Cheese Puffs	1 oz	120	4.5	1	0	5	190	17	1	1	3	
Snikiddy Fries Baked Cheddar	1 oz	130	4.5	0.5	0	0	180	20	1	2	2	
Snikiddy Fries Baked Southwest Cheddar Fries	1 oz	130	4.5	0.5	0	0	180	20	1	2	2	

Snyder's of Hanover Mini Pretzels	0.9 oz	100	0	0	0	0	220	22	1	1	2	
Snyder's of Hanover Old Tyme Pretzels	1.58 oz	120	1	0	0	0	120	24	1	0	3	
100 Calorie Packs Cheese Nips Crackers	0.74 oz	100	3	1	0	0	240	14	<1	0	2	
100 Calorie Packs, Cheddar Goldfish made w/ whole grains (Pepperidge Farms)	0.75 oz	100	3.5	1	0	5	170	14	1	0	3	
100 Calorie Packs Wheat Thins Toasted Chips	0.8 oz	100	3	0	0	0	230	16	1	2	2	
100 Calorie Packs Ritz Baked Snacks Snack Mix	0.8 oz	100	3	0.5	0	0	200	16	1	2	2	

	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
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MHealthy Approved Fruit

MHealthy Nutrition Guideline	Per Serving											No added sugar or artificial sweeteners, no juices
All Fresh Fruit												
Bare Fruit, Cherry/Banana	2.6 oz	55	1	0	0	0	0	12	1	8	2	
Bare Fruit, Mango/Pineapple	2.6 oz	34	1	0	0	0	7	8	1	8	1	
Bare Fuji Red Crunchy Apple Chips	0.53 oz	50	0	0	0	0	0	14	2	11	0	
Bare Great Granny Crunchy Apple Chips	0.53 oz	50	0	0	0	0	0	14	2	11	0	
Kar's Natural Raisins	1 oz	80	0	0	0	0	0	22	1	17	<1	
Mrs. May's Apple Freeze Dried Fruit Chips	0.35 oz	38	0	0	0	0	0	9	1.5	7	0	
Mrs. May's Pineapple Freeze Dried Fruit Chips	0.35 oz	38	0	0	0	0	1	9	1	7	0	
Mrs. May's Strawberry Fruit Chips	0.35 oz	38	0	0	0	0	0	9	2	4	1	
Mr. Nature Raisins	1 oz	90	0	0	0	0	7	20	2	20	1	
Nu-Health Fruit, Mandarin Oranges	11.8 fl oz	150	0	0	0	0	0	32	1	27	<2	
Nu-Health Fruit, Peach Pineapple Pear	11.8 fl oz	160	0	0	0	0	0	32	1	28	<2	

Nu-Health Fruit Peaches	11.8 fl oz	150	0	0	0	0	0	32	1	27	<2	
Nu-Health Fruit, Mango Pineapple Fruit	11.8 fl oz	160	0	0	0	0	0	32	1	28	<2	
Nu-Health Fruit, Pineapple	11.8 fl oz	160	0	0	0	0	0	32	1	28	<2	
Nu-Health Fruit, Pineapple Mandarin Apple	11.8 fl oz	160	0	0	0	0	0	32	1	28	<2	
Peeled Snacks Apple-2-the-Core Peeled	1.23 oz	110	0	0	0	0	0	27	3	20	0	
Peeled Snacks Much-Ado-About-Mango, Peeled	1.4 oz	120	0	0	0	0	0	28	2	20	2	
Stretch Island Fruit Company Fruit Strip Autumn Apple	0.74 oz	70	0	0	0	0	10	16	2	14	0	
Stretch Island Fruit Company Fruit Strip, Harvest Grape	0.91 oz	90	0	0	0	0	5	21	2	16	0	
	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 Approved Bars												
MHealthy Nutrition Guideline	Per Serving	<= 250 calories					<=240 mg sodium					First 2 ingredients are nuts, seeds, whole fruits or whole grains; no added supplements, vitamins or minerals
Betty Crocker Butterscotch Oatmeal Bar *	1.24 oz	150	5	1.5	0	20	120	23	2	8	2	whole grain oats, whole wheat flour
Betty Crocker Chocolate Chip Oatmeal Bar *	1.24 oz	150	5	1	0	20	120	23	2	8	2	whole grain oats, whole wheat flour
Kashi TLC Chewy bar, Trail Mix	1.2 oz	140	5	0	0	0	55	21	3	7	6	
Kashi TLC Chewy bar, Honey Almond Flax	1.2 oz	140	5	0	0	0	60	20	3	6	6	
Kashi TLC Chewy bar, Peanut Peanut Butter	1.2 oz	140	5	0.5	0	0	45	20	3	5	6	
Lara Bar, Apple Pie	1.7 oz	190	10	1	0	0	5	24	5	18	4	
Lara Bar, Cashew Cookie	1.7 oz	230	13	1.5	0	0	5	23	3	18	6	
Lara Bar, Cherry Pie	1.7 oz	200	8	0.5	0	0	0	30	4	23	4	
Lara Bar, Chocolate Chip Cookie Dough	1.6 oz	210	11	3	0	0	55	28	3	16	4	
Lara Bar, Peanut Butter Cookie	1.7 oz	220	12	2	0	0	70	23	4	18	7	
Lara Bar, Uber Apple Turnover	1.42 oz	190	10	1	0	0	125	21	3	15	3	Healthy fat exception
Nature Valley Soft Baked Oatmeal Bar, Cinnamon Brown Sugar *	1.87 oz	230	8	1	0	0	190	35	4	13	4	whole grain oats, whole wheat flour

Pure Organic Apple Cinnamon Bar	1.7 oz	200	8	1	0	0	10	28	4	20	5	Healthy fat exception
Pure Organic Cranberry Orange Bar	1.7 oz	200	8	1	0	0	5	26	3	19	6	Healthy fat exception
That's It, Apple and Apricot	1.2 oz	100	0	0	0	0	15	27	3	23	1	
That's It, Apple, Pear and Ginger	1.2 oz	100	0	0	0	0	15	27	3	24	1	
That's It, Apple and Strawberry	1.2 oz	100	0	0	0	0	30	22	4	17	1	
That's It, Apple and Pineapple	1.2 oz	100	0	0	0	0	20	24	5	18	0	
That's It, Apple and Cinnamon	1.2 oz	100	0	0	0	0	35	27	4	24	0	
That's It, Apple and Cherry	1.2 oz	100	0	0	0	0	20	26	3	22	1	
That's It, Apple, Mango and Chili	1.2 oz	100	0	0	0	0	25	27	3	23	0	
That's It, Apple and Banana	1.2 oz	100	0	0	0	0	30	26	4	22	1	

	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
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MHealthy Approved Yogurt

MHealthy Nutrition Guideline	6 oz or less	<= 150 calories		<= 2 g sat fat								No artificial sweeteners or colorings
Oikos Triple Zero Greek Yogurt-Mixed Berry	5.3 oz	120	0	0	0	<5	65	14	6	6	15	
Oikos Triple zero Greek Yogurt - Strawberry	5.3 oz	120	0	0	0	<5	65	14	6	6	15	

MHealthy Approved Main Dish, Sandwiches

MHealthy Nutrition Guideline	>= 8 oz	<= 500 calories		<= 10% of cals from sat fat			<=600 mg or less				>= 7 g of protein	Must contain fruit and/or vegetable
Fruit & Yogurt Parfait	9.6 oz	300	5	1.5	0	15	190	54	2	39	11	

Healthy logo identifies healthier choices in vending machines, at dining locations and catering throughout U-M.												