



Nutrition

MHEALTHY NUTRITION GUIDELINES

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
Bread Products	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
Cereals	Per serving	1st ingredient is a whole grain, ≥ 2.5 grams dietary fiber, ≤ 10 grams of added sugar
Bars	Per serving	First 2 ingredients are nuts, seeds, whole fruits or whole grains, ≤ 250 calories, no added supplements, vitamins or minerals
Chips, Pre-Packaged Snacks	Per serving	≤ 5 grams total fat, $\leq 10\%$ of calories from saturated fat, $\leq 10\%$ of calories from added sugar, ≤ 480 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, ≤ 1000 mg sodium, ≤ 500 calories, ≥ 7 grams of protein and must contain fruit and/or vegetable

MHealthy Nutrition Guidelines, continued

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: ≤ 240mg sodium per oz, Protein based salads: ≤ 240mg sodium per serving
Healthy Fats	Per USDA serving	Includes olive oil, nuts, seeds, nut & seed butters, avocado, whole olives
Sides	Per serving	≤ 10% of calories from saturated fat, ≤ 480mg 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, ≤ 320mg sodium
Soups	Per 8 fluid ounces	≤ 10% of calories from saturated fat, ≤ 600mg sodium
Vegetables	Per serving	≤ 10% of calories from saturated fat, ≤ 480mg sodium

All Categories < .5g trans fat per serving

MHealthy Nutrition Guidelines were created by Registered Dietitians at the University of Michigan to help individuals improve their nutritional intake. Look for the MHealthy logo to find the healthier choice in campus vending machines, and select campus restaurants eateries and catering.