

Rx Bar: Blueberry	1.83 oz	210	7	1	0	0	115	26	6	17	12	
Rx Bar: Chocolate Coconut	1.83 oz	210	9	2	0	0	150	23	6	14	12	
Rx Bar: Chocolate Sea Salt	1.83 oz	210	9	2	0	0	270	24	6	15	12	
Rx Bar: Peanut Butter	1.83 oz	210	8	1.5	0	0	310	24	6	15	12	
That's It Bar, Apple & Mango	1.2 oz	100	0	0	0	0	25	27	3	23	0	

Sides

	Volume (oz.) /Wt (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per Serving	<= 250 Calories		<= 10% of calories from saturated fat			<= 480 mg sodium					Must contain whole grains and/or vegetables
Garden Side Salad (w/o dressing)	4 oz	38	0	0	0	0	35	9	2	2	0.5	

Beverages

	Volume (oz.) /Wt (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per 8 oz Serving	<= 5 cals per serving								No added sugar, no additives or dyes		Milk & milk alternatives: <= 1% milk, a "good" source of calcium
Aquafina Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	
Deja Blue Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	
Fiji Water	16.9 oz	0	0	0	0	0	0	0	0	0	0	
Gold Peak Tea Unsweetend (Bottled)	18.5 fl oz	0	0	0	0	0	55	0	0	0	0	
Hint Crisp Apple Water	16 fl oz	0	0	0	0	0	0	0	0	0	0	Zero Diet Sweeteners, no preservatives, natural flavors

Honest Unsweetened Green Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	0
La Croix Sparkling Water, Lime	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
La Croix Sparkling Water, Orange	12 fl oz	0	0	0	0	0	0	0	0	0	0	0
Pure Leaf Unsweetened Tea	18.5 fl oz	0	0	0	0	0	0	0	0	0	0	0
Skim Milk	10 fl oz	112	0	0	0	6	160	16	0	16	10	

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