

Fruit												
Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Notes
<b>MHealthy Nutrition Guideline</b>	Per Serving											No added sugar or artificial sweeteners, no juices
All Fresh Fruit (i.e. apples, oranges bananas)												
Del Monte Red Grapefruit	7 oz	100	0	0	0	0	20	23	2	19	1	

Cereals												
Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
<b>MHealthy Nutrition Guideline</b>	Per Serving								>=2.5 grams fiber	<=10% of calories from added sugar		1st ingredient is a whole grain
Cheerios	1.3 oz	130	2.5	0.5	0	0	180	26	4	2	4	

Chips, Pre-Packaged Snacks												
Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
<b>MHealthy Nutrition Guideline</b>	Per Serving		<=5 grams total fat	<=10% of calories from sat fat			<=480 mg of sodium			<=10% of calories from added sugar		Nuts, seeds, nut/seed mixtures have no total fat limits but still meet added sugar & sodium limits
Blue Diamond Bold Salt 'n Vinegar Almonds	1.5 oz	250	23	1.5	0	0	210	8	4	2	8	Fat exception
Blue Diamond Roasted Salted Almonds	1.5 oz	260	24	2	0	0	130	7	4	2	9	Fat exception
Blue Diamond Whole Natural Almonds	1.5 oz	250	22	1.5	0	0	0	8	5	2	9	Fat exception
Blue Diamond Smokehouse Almonds	1.5 oz	260	23	2	0	0	230	7	4	2	9	Fat exception
Blue Diamond Wasabi and Soy Almonds	1.5 oz	260	23	2	0	0	180	8	4	2	8	Fat exception
Chex Mix, Bold Party Blend	1 oz	120	3.5	0.5	0	0	200	21	1	2	2	3.5 servings
Chex Mix, Cheddar	1 oz	120	3.5	0.5	0	0	230	22	1	3	2	3.5 servings
Chex Mix, Traditional	1 oz	120	3.5	0.5	0	0	210	21	1	2	2	3.5 servings
Fig Newton's, Fat Free	2 oz	100	0	0	0	0	130	23	2	14	1	Contains figs
Good Natured Selects: Cheddar Cheese Baked	1 oz	120	2.5	0.5	0	0	250	21	1	2	2	2.5 servings
Kar's Honey Roasted Peanuts	1 oz	150	12	2	0	0	50	9	4	3	5	
Kar's Cranberry Almond Delight Mix	1 oz	140	10	1.5	0	0	60	12	2	8	5	Had dried cranberries; Fat exception

## Chips, Pre-Packaged Snacks

Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
<b>MHealthy Nutrition Guideline</b>	Per Serving		<=5 grams total fat	<=10% of calories from sat fat			<=480 mg of sodium			<=10% of calories from added sugar		Nuts, seeds, nut/seed mixtures have no total fat limits but still meet added sugar & sodium limits
Kar's Roasted Salted Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	2.5 servings Fat exception
Kar's Wasabi Nut Crunch	1 oz	140	8	1.5	0	0	125	12	2	2	6	4.5 oz servings; Fat exception
Pretzel Crisps, Original	1 oz	110	0	0	0	0	330	23	1	2	3	3 servings

## Bars

Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
<b>MHealthy Nutrition Guideline</b>	Per Serving	<= 250 Calories										First two ingredients are nuts, seeds, whole fruits or whole grains; no added supplements, vitamins or minerals
Kind Bar, Dark Chocolate Nut Sea Salt	1.4 oz	200	15	3	0	0	140	16	7	5	6	
That's It Bar, Apple & Mango	1.2 oz	100	0	0	0	0	25	27	3	23	0	
That's It Bar, Apple & Strawberry	1.2 oz	100	0	0	0	0	30	22	4	17	1	

## Animal and Plant Based Proteins

Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
<b>MHealthy Nutrition Guideline</b>	Per 3.5 oz			<=4.5 grams sat fat								
Hard Boiled Egg	2 eggs/1	140	9	3	0	330	110	1	0	1	11	

## Vegetables

Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
<b>MHealthy Nutrition Guideline</b>	Per Serving			<=10% of calories from sat fat			<= 480 mg sodium					
Dippin' Stix Carrots & Ranch Dip	2.7 oz	90	6	1	0	10	240	10	1	6	<1	
Oh Snap Pickled Carrots	2.2 oz	12	0	0	0	0	280	2	0	1	0	
Oh Snap Pickled Green Beans	1.75 oz	12	0	0	0	0	280	2	0	1	0	

## Yogurt

<b>MHealthy Nutrition Guideline</b>	6 oz or Less	<= 150 calories		<= 2 grams sat fat								No artificial sweeteners or colorings
Chobani Greek Yogurt, Strawberry	5.3 oz	120	0	0	0	5	60	19	<1	15	12	
Dannon Oikos Non-Fat Greek Yogurt, Black Cherry	5.3 oz	130	0	0	0	<5	50	21	0	20	12	
Dannon Oikos Greek Yogurt, Blueberry	5.3 oz	130	0	0	0	5	50	20	0	19	12	
Dannon Oikos Greek Yogurt, Strawberry	5.3 oz	120	0	0	0	5	50	19	0	18	12	

**Beverages**

Item Name	Svg Size	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
<b>MHealthy Nutrition Guideline</b>	Per 8 oz Serving									<=10% of calories from added sugar		All= No added sugar, no additives or dyes Milk & milk alternatives <= 1% milk, a "good" source of calcium; All others= <= 5 cal's per serving
Golden Peak Unsweetened Iced Tea	1 bottle/ 18.5 oz	0	0	0	0	n/a	55	0	n/a	n/a	0	
Ice Mountain Water		0	0	0	0	n/a	0	0	0	0	0	
Sparkling Water	1 bottle/ 20 oz	0	0	0	0	n/a	5	0	n/a	0	0	