

Menu Item	Serving	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Other
<u>Beverages</u>												
MHealthy Nutrition Guideline	Per 8 oz serving											No added sugar, no additives or dyes; Milk & milk alternatives: \leq 1% milk, a "good" source of calcium; all others: \leq 5 cal/serving
Emperor's Cloud & Mist Green Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Jade Citrus Mint Green Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Mint Majesty Herbal Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Royal English Breakfast Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Teavana Earl Grey Brewed Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	
<u>Chips, Pre-packaged Snacks</u>												
MHealthy Nutrition Guideline	Per Serving		\leq 5 g total fat	\leq 10 % of cal from sat fat			\leq 480 mg of sodium			\leq 10% of cal from added sugar		Nuts, seeds, nut/seed mixtures have no total or sat fat limits, but still meet added sugar & sodium limits
Country Archer All Natural Turkey Jerky Hickory Smoked	1 oz	70	1	0	0	20	330	5	0	4	10	3 servings
Rhythm Superfoods Roasted Kale, Sea Salt	11 g (1/2 package)	50	4.5	0	0	0	250	2	1	0	2	2 servings
Squirrel Brand Classic Almonds	1.5 oz	250	22	1.5	0	0	160	9	5	2	9	Healthy Fat Exception
<u>Cereals</u>												
MHealthy Nutrition Guideline	Per Serving								\geq 2.5 g fiber	\leq 10 g of added sugar		1st ingredient is a whole grain
Classic Oatmeal	1.5 oz	160	2.5	0.5	0	0	125	28	4	0	5	yes
Hearty Blueberry Oatmeal	3 oz	220	2.5	0.5	0	0	125	43	5	13	5	Sugar ok, contains Blueberries
<u>Fruits</u>												
MHealthy Nutrition Guideline	Per Serving											No Added Sugar or artificial sweeteners, no juices
Bare Fruit Naturally Baked Crunchy Cinnamon Apple Chips	1 oz	110	0	0	0	0	0	27	4	21	0	1.6 servings
Seasonal Fruit Blend	6 oz	90	0	0	0	0	0	24	4	19	1	

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Main Dish, Sandwiches												
MHealthy Nutrition Guideline	>= 8oz.	500 calories or less		<= 10% of cals from sat fat			<= 1,000 mg of sodium				>= 7 g protein	Must contain fruit and/or vegetable
BBQ Chicken Protein Box	10 oz	420	16	4.5	0	55	930	49	5	20	22	Apple Slices & Baby Carrots
Berry Trio Yogurt	5.75 oz	240	2.5	0	0	5	125	39	3	26	14	Contains berries
Fresh Blueberries & Honey Greek Yogurt Parfait	6 oz	240	2.5	0	0	5	100	42	2	29	14	
Healthy Fats												
Per USDA Serving												Includes olive oil, nut & seed butters, avocado, whole olives
Justin's Classic Almond Butter	1 oz	190	18	2.5	0	0	0	6	3	1	7	
Organic Avocado (Spread)	2 oz	90	8	1	0	0	250	5	4	0	1	
Bars												
MHealthy Nutrition Guideline	Per Serving											First 2 ingredients are nuts, seeds, whole fruits, or whole grains; no added supplements, vitamins or minerals
That's It Bar, Apple & Blueberry	1.2 oz	100	0	0	0	0	25	26	4	19	1	
The MHealthy logo identifies healthier choices in vending machines, at dining locations and catering throughout U-M.												