

Taubman Go Brew MHealthy Items November 2017

	Serving	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat*	Chol (mg)	Sodium (mg)	Total Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Other
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Fruit

MHealthy Nutrition Guideline												no added sugar, artificial sweeteners
Fruit cup - Mixed	7 oz.	90	0	0	0	0	20	23	2	20	1	
Fruit cup - Pineapple	7 oz.	100	0	0	0	0	0	26	3	20	1	
Fruit cup - Cantaloupe	7 oz.	70	0	0	0	0	0	16	2	15	2	
Fruit cup - Honeydew	7 oz.	70	0	0	0	0	0	18	2	16	1	
Fruit cup - Mango	7 oz.	120	1	0	0	0	0	30	3	27	2	
Fruit cup - Grapes	7 oz.	140	0	0	0	0	0	36	2	31	1	
Fruit cup - Watermelon	7 oz.	60	0	0	0	0	0	15	1	12	1	
Whole fruit - Apples	1 each	95	0.3	0	0	0	2	25	4.4	19	0.5	
Whole fruit - Oranges	1 each	100	0.5	0	0	0	3	27	7.2	12	2	
Whole fruit - Bananas	1 each	90	0.5	0	0	0	1	23	2.6	12	1	

Main Dish

MHealthy Nutrition Guideline		500 or less	10% or less			1000 mg or less					7 grams or more	contains fruit or veggie
Yogurt Parfait	8 1/2 oz.	270	1.5	0	0	10	140	49	3	29	18	
Harvest Salad	6.7 oz.	210	14	1.5	0	25	420	14	2	7	9	

Salad Dressings/Condiments

MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)		10% or less			320 mg or less				5 grams or less	

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Peanut butter	0.75 oz.	120	90	2	0	0	100	5	2	2	4	

Snack Bars												
MHealthy Nutrition Guideline	per serving	250 or less										1st 2 ingredients are nuts, seeds, fruits or whole grains.
Kind pressed bar - mango & apple	1 bar (35g)	130	0.5	0	0	0	70	31	3	21	1	Mango, apple
Kind pressed bar - Pineapple & Kale	1 bar (35g)	110	0	0	0	0	45	27	2.5	18	1	Pineapple, banana
Kind pressed bar - Strawberry & Apple	1 bar (35g)	110	0.5	0	0	0	0	25	4	19	1	Apple, strawberry
That's it bar - Apple & Blueberry	1 bar	100	0	0	0	0	25	26	4	19	1	apples, blueberries
Pure - Ancient grain - peanut butter chocolate	1 bar (35g)	160	9	1.5	0	0	65	17	2	8	5	*Peanuts, *Pure® Ancient Grains Blend (*Quinoa, *Crispy Brown Rice, *Amaranth, *Flax Seed, *Hemp Seed)

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Chips, Pre-Packaged Snacks												
MHealthy Nutrition Guideline	per serving		5 grams or less	10% or less	0 grams		no more than 480 mg			10% or less added		nut/seed exception; no total or sat. fat limits
Chex mix	29g	120	3.5	0.5	0	0	230	22	1	2		
Chex mix - Bold	29g	120	3.5	0.5	0	0	210	21	1	2		
Harvest Snaps - Lightly salted	28g	110	4.5	0.5	-	0	50	17	4	1		
Harvest Snaps - Wasabi Ranch	1 oz.	120	5	0.5	0	0	65	16	4	1	5	
Kar's - Raisin almond cashew mix	1/4 cup	120	6	0.5	0	0	0	16	1	10		nut exception
Kar's - roasted salted almonds	1/4 cup	170	15	1	0	95	6	3	1	6		nut exception
Kar's Unsalted cashews	1/4 cup	160	13	2.5	0	0	0	8	1	2		nut exception
Kar's - roasted salted cashews	1/4 cup	160	13	2.5	0	0	85	9	1	2		nut exception
Kar's - roasted salted peanuts	1/4 cup	160	15	2.5	0	0	90	4	2	1		nut exception
Kar's - roasted salted pistachios	1 oz. (w/ou	160	13	1.5	0	0	120	8	3	2		nut exception
Kar's - roasted salted sunflower kernels	1 oz.	170	15	2	0	0	115	6	3	1		seed exception
Peeled snacks - Apple	1 bag (35g	120	0	0	0	0	0	30	2	17	0	
Peeled snacks - Mango	1/2 bag (4	120	0	0	0	0	0	28	2	20	2	

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Popcorners - Cheddar	1 oz.	120	0.5	0	0	0	135	19	0	0	2	
Popcorners - Jalapeno	1 oz	120	4.5	0.5	0	0	120	19	0	0	2	
Popcorners - Kettle chips	1 oz	120	0	0	0	0	110	19	0	1	2	
Popcorners - Salted	1 oz	120	4.5	0	0	0	190	20	0	0	2	
Quakers popped rice cakes - cheddar	.67 oz	90	3	0.5	0	0	260	13	1	1	1	

Yogurt

		150 calories or less	2 grams or less									no artificial sweeteners or colorings
MHealthy Nutrition Guideline	6 oz. or less											
Chobani Peach	5.3 oz.	120	0	0	0	5	50	17	<1	15	12	
Dannon oikos greek yogurt - Blueberry	5.3 oz.	110	0	0	0	<5	50	16	0	14	12	
Dannon oikos greek yogurt - Black cherry	5.3 oz.	110	0	0	0	<5	50	15	0	14	12	
Dannon oikos greek yogurt - Strawberry	5.3 oz.	110	0	0	0	<5	50	15	0	14	12	