

UM Dearborn Vending MHealthy Approved Items October 2017

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
Snack Bars												
MHealthy Nutrition Guideline	per serving	250 or less										1st 2 ingredients are nuts, seeds, whole fruit or whole grain
Kind Apple Cinnamon & Pecan	1 bar	190	12	2	0	0	20	20	3	10	4	
Kind Madagascar Vanilla Almond	1 bar	210	16	2	0	0	15	14	5	4	7	almonds, peanuts
Kind Dark Chocolate Nuts & Sea Salt	1 bar	200	15	3	0	0	125	16	7	5	6	almonds, peanuts
Larabar Peanut Butter Chocolate Chip	1 bar	220	11	3	0	0	60	26	3	19	6	dates, peanuts
Larabar Cashew Cookie	1 bar	230	13	1.5	0	0	5	23	3	18	6	cashews, dates