

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 serving			1 g or less								No added sugar or sugar containing ingredients
Aquafina, water	20 fl oz	0	0	0	0	0	0	0	0	0	0	
Dasani, water	20 fl oz	0	0	0	0	0	0	0	0	0	0	
Iced tea, unsweetened (brewed)	8 fl oz	0	0	0	0	0	10	0	0	0	0	
PureLeaf, unsweetened real brewed tea	8 fl oz	0	0	0	0	0	0	0	0	0	0	Contains 2.5 servings/ container
Smart Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	

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<u>Chips, Pre-packaged Snacks</u>												
MHealthy Nutrition Guideline	per serving		5 g or less	1 g or less	0 g		480 mg or less					
Baked! LAYS Original Potato Crisps	1 oz	130	2	0	0	0	150	26	2	2	2	
Baked! LAYS Barbecue Potato Crisps	1 oz	140	3.5	0.5	0	0	220	24	2	4	2	
Baked! LAYS Cheddar & Sour Cream Potato Crisps	1 oz	130	4	0.5	0	0	270	24	1	2	2	
Special K Cracker Chips, Cheddar	0.87 oz	90	3	1	0	0	190	18	2	1	2	
Special K Cracker Chips, Sea Salt	0.87 oz	90	2	0	0	0	190	19	3	0	2	
Special K Cracker Chips, Sour Cream & Onion	0.87 oz	90	2	0.5	0	0	190	19	2	0	2	

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Cereals/Bread Products												
MHealthy Nutrition Guideline	per serving		5 g or less	1 g or less	0 g		480 mg or less		2.5 g or more			
Bagel- Cinnamon Raisin	1 bagel	360	3	0	0	0	480	80	3	6	12	
House Recipe Maple & Brown Sugar Instant Oatmeal	1.9 oz	200	2	0	0	0	340	41	3	18	5	
Kellogg's Frosted Mini Wheats Cereal (Bite Size)	2.5 oz	250	1	0	0	0	0	60	8	14	6	
Kellogg's Smart Start Cereal	2.7 oz	280	1	0	0	0	430	66	4	22	5	
Oatmeal (Plain)	8 ozw	210	4	1	0	0	450	38	5	0	8	
Oatmeal w/ Raisins	8.4 ozw	240	4	1	0	0	460	46	6	6	8	
Raisin Bran Crunch	2.8 oz	280	1.5	0	0	0	320	68	6	29	5	

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<u>Snack Bars</u>												
MHealthy Nutrition Guideline	per serving		5 g or less	1 g or less	0 g		480 mg or less		2.5 g or more			
Nutrigrain Bar-Blueberry	1.3 oz	120	3	0.5	0	0	110	24	3	12	2	
Special K Bar, Strawberry	0.81 oz	90	1.5	1	0	0	85	18	3	8	<1	
Special K Bar, Vanilla Crisp	0.8 oz	90	2	1	0	0	90	17	3	6	<1	

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<u>Fruits</u>												
MHealthy Nutrition Guideline	per serving		0 grams									Naturally occurring total fat of 3 g or less is acceptable
Apple	1 ozw	15	0	0	0	0	0	4	1	3	0	
Banana	1 ozw	110	0	0	0	0	0	27	3	14	1	
Blueberries (yogurt bar)	1 ozw	15	0	0	0	0	0	4	1	3	0	
Cantaloupe (yogurt bar)	1 ozw	10	0	0	0	0	0	2	0	2	0	
Fruit Cup	8 ozw	90	0.5	0	0	0	20	22	3	17	2	
Grape Poppers	6 ozw	120	0	0	0	0	0	31	2	26	1	
Honeydew (yogurt bar)	1 ozw	10	0	0	0	0	0	5	3	0	2	
Orange, medium	1	60	0	0	0	0	0	15	3	12	1	
Pear, medium	1	100	0	0	0	0	0	26	6	16	1	
Raspberries (yogurt bar)	1 ozw	15	0	0	0	0	0	3	2	1	0	
Strawberries (yogurt bar)	1 ozw	10	0	0	0	0	0	2	1	1	0	
Watermelon (yogurt bar)	1 ozw	10	0	0	0	0	0	2	0	2	0	

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<u>Main Dish, Sandwiches</u>												
MHealthy Nutrition Guideline	>= 8oz.	500 calories or less	20 grams or less	5 grams or less			1,000 mg or less					If less than 8 oz, use related proportion
Arroz con Pollo	10 oz	130	2.5	0	0	20	280	16	1	4	10	
Baked Chicken w/ Artichokes	10 oz	280	7	0	0	35	370	63	3	1	18	
Baked Pork w/ paprika sauce and redskin potatoes	10 oz	410	10	3	0	65	345	31	3	7	27	
Blackened chicken w/ white rice	9 oz	350	4.5	1	0	100	190	35	0	3	38	
Braised apple chicken w/ cabbage	10 oz	305	6	1	0	65	620	38	3	29	25	
Breakfast Sandwich (English Muffin & egg substitute)	4 oz	180	3	0.5	0	0	310	27	0	0	12	
Cheese Pizza	8.45 oz	400	10	5	0	20	1000	64	6	n/a	23	
Chicken Breast Salad (w/o dressing)	18 oz	325	9	3	0	309	173	11	9	8	44	
Chicken Cacciatore w/ pasta	10 oz	400	8	1.5	80	80	290	61	8	6	39	
Chicken pepper fry w/ white rice	10 oz	310	3.5	1	0	65	510	39	1	4	27	
Garden Beef Stew w/ egg noodles	19 oz	430	11	2.5	0	85	630	63	4	7	26	
Chicken w/ ginger in mango sauce & white rice	9 oz	340	4.5	1	0	65	250	44	1	11	26	

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MHealthy Nutrition Guideline	>/= 8oz.	500 calories or less	20 grams or less	5 grams or less			1,000 mg or less					If less than 8 oz, use related proportion
Grilled Moroccan style chicken w/ white rice	10 oz	500	10	2	0	80	90	58	1	22	40	
Jerk pork w/ white rice	9 oz	310	3	1	0	85	230	36	3	0	31	
Sharon's Garden Salad (w/o dressing)	20 oz	244	6	2	0	213	92	38	9	38	12	
Side Salad (lettuce, carrots, tomato, 1/2 hb egg; w/o dressing)	10 oz	93	3	1	0	107	65	12	5	6	7	
Spicy Black Bean Soup	8 oz	100	2	0	0	0	420	17	4	5	4	
Texas Vegetable Chili	8 oz	150	1	0	0	0	170	29	8	3	9	

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<u>Dairy and Dairy Alternatives</u>												
MHealthy Nutrition Guideline	per serving		3 grams or less	1 gram or less						21 grams or less per 8 oz		Soy milk must be Calcium & Vitamin D fortified
Dannon Light & Fit Blueberry Yogurt	6 oz	80	0	0	0	<5	75	16	n/a	11	5	
Dannon Light & Fit Cherry Vanilla Yogurt	6 oz	80	0	0	0	<5	75	16	n/a	11	5	
Dannon Light & Fit Peach Yogurt	6 oz	80	0	0	0	<5	75	16	n/a	11	5	
Dannon Light & Fit Raspberry Yogurt	6 oz	80	0	0	0	<5	75	16	n/a	11	5	
<u>Side Salads</u>												
MHealthy Nutrition Guideline	per serving		5 g or less	1 g or less	0 g		480 mg or less					
Pasta, Broccoli, and Tuna Salad	4 oz	110	1	0	0	10	200	25	1	1	10	
Mediterranean cucumber salad	3 oz	130	4	1	0	10	380	19	1	6	4	
Tomato, Basil, and Chick Pea Salad	4 oz	80	2	0	0	0	320	13	2	4	2	

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Salad Dressings & Condiments												
MHealthy Nutrition Guideline	per 2 Tbsp (1 oz)		10 grams or less	2 grams or less	0 g		320 mg or less					
Marzetti Fat Free Italian dressing	1 oz	15	0	0	0	0	247	3	n/a	2	0	
Vegetables												
MHealthy Nutrition Guideline	Per Serving		5 grams or less	1 gram or less			480 mg or less					
Carrot & Celery Cup (w/o Ranch)	7 ozw	60	0	0	0	0	130	13	4	7	2	
Desserts												
MHealthy Nutrition Guideline	Per Serving	300 Calories or less		4 grams or less								
Almond Biscotti	1 oz	130	4.5	1.5	0	20	65	19	<1	9	3	
Chocolate Walnut Biscotti	0.75 oz	100	4	1.5	0	15	40	15	<1	8	2	

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