

MHealthy Approved Market 24/7 Items- All Locations

MHealthy Approved Chips and Pre-Packaged Snacks

	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per Serving		<=5 g fat	<= 10% of cals from sat fat			480 mg or less			<= 10% of cals from added sugar		Nuts, seeds, nut/seed mixtures have no total or sat fat limit, but still meet added sugar & sodium limits
Baked Lays BBQ	1.125 oz	120	3.5	0.5	0	0	160	22	1	3	2	
Baked Lays Original	1.125 oz	120	3.5	0	0	0	160	22	1	2	2	
Baked Lays Sour Cream & Onion	1.125 oz	120	3.5	0.5	0	0	170	21	1	3	2	
Del Monte Apples with Almonds	4 oz	220	15	1	0	0	0	17	2	10	6	Nut Exception
Good Natured Baked Vegetable Crisps, Ranch Flavored	1 bag	120	2	0	0	0	190	22	2	3	2	
Good Nature Tuscan Garden Medley, Ranch	1 oz	110	2.5	0	0	0	280	22	1	2	2	
Kar's Nuts, Salted Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	Nut Exception
Kar's Nuts, Salted Peanuts	1 oz	165	15	2.5	0	0	90	4.5	2.5	1	8	Nut Exception, 0 g added sugar
Kar's Original Trail Mix, Unsalted	1.5 oz	200	14	1.5	0	0	0	17	3	10	7	Nut Exception
Nabisco Fat-Free Fig Newton	2.1 oz	100	0	0	0	0	95	24	1	14	1	2 servings
Pirate's Booty, Aged White Cheddar	1 oz	130	5	1	0	0	140	19	0	0	2	
Pop Chips Ridges, Buffalo Ranch	0.7 oz	90	3.5	0	0	0	200	12	0	1	1	
Ruffles Baked Cheddar & Sour Cream Potato Crisps	1 oz	140	3.5	0.5	0	0	280	24	2	3	2	
Wonderful Pistachios	1 oz	80	7	0	0	0	75	4	2	1	3	

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MHealthy Approved Main Dish, Sandwiches												
	Volume (oz.) /Wt (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	8 oz or >	<= 500 cals		<= 10% of cals from sat fat			1000 mg or less				>= 7 g protein	Must contain fruit or vegetable
Big Chicken Caesar Salad (with dressing)	8.5 oz	299	20	3.4	0	39.5	669	17	3.5	2.2	12	
Chicken Caesar Salad (w/o dressing)	7 oz	205	6	2	0	70	480	15	3.5	1	24	
Chicken Salad on Multigrain	5 oz	313	9	1.5	0	72	531	35	2	3	26	
Healthy Choice Oasis Grab & Go Meals, Roasted Red Pepper Topped with Cous Cous	8 oz	320	8	1	0	0	500	50	8	4	10	Nutrition info is for entire package
Smart Ones Smart Made- Grilled Sesame Beef & Broccoli	9 oz	220	5	2	0	20	610	31	5	10	14	
Tuna on Wheat	7 oz	358	9	3	0	38	694	39	4	5	24	
Turkey & Swiss on Pretzilla Roll	8.25 oz	405	10	3	0	65	973	46	1	6	30	Contains lettuce
Strawberry Yogurt Parfait (with Strawberries & Granola)	6.5 oz	240	2.5	1	0	10	210	49	2	30	7	
Vegetarian Wrap	7 oz	299	5.3	2.5	0	0	724	54	5	3	1.6	
Veggie Southwestern Wrap	7 oz	298	5	2.5	0	0	619	55	4	2.5	9	Contains peppers, onions, & lettuce

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MHealthy Approved Fruit												
	Volume (oz)/Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Chole sterol (mg)	Sodium (mg)	Carbohyd rates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per Serving											No added sugar or artificial sweeteners, no juices
All Fresh Fruit												
Bare Fuji & Reds Apple Chips	0.53 oz	60	0	0	0	0	0	14	2	10	0	
Berry Blend	6 oz	70	0.5	0	0	0	0	17	4	11	1	(Strawberries & Blueberries)
Crispy Green Crispy Fruit Pineapple	0.36 oz	35	0	0	0	0	0	9	1	7	0	
Cantaloupe Cup	6 oz	60	0	0	0	0	25	14	1	12	1	
Four Fruit Blend (Cantaloupe, Honeydew, Pineapple & Grapes)	6 oz	70	0	0	0	0	20	19	2	16	1	
Grape Cup	6 oz	120	0	0	0	0	0	31	2	26	1	
Pineapple Cup	6 oz	90	0	0	0	0	0	23	2	18	1	
Pineapple & Strawberry Cup	6 oz	80	0	0	0	0	0	20	3	14	1	
Sliced Mango Cup	6 oz	100	0.5	0	0	0	0	25	3	23	1	
Strawberry Cup	6 oz	50	0.5	0	0	0	0	13	3	8	1	
Strawberry & Blueberry Cup	6 oz	70	0.5	0	0	0	0	17	4	11	1	
Tropical Fruit Cup (Strawberries, Kiwi Slices, Mango Slices)	6 oz	90	0.5	0	0	0	0	21	4	15	1	
Watermelon cup	6 oz	50	0	0	0	0	0	13	1	11	1	

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MHealthy Approved Vegetables

	Volume (oz)/Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per Serving			<= 10% of calories from sat fat			<= 480 mg sodium					
Dilly Bites Fresh Dill Pickle Snacking Cuts	1 oz	0	0	0	0	0	320	0	0	0	0	3 servings
Garden Salad (w/o dressing)	7 oz	94	1.5	0	0	0	158	19	3	2.5	3	Contains cheese
Hottie Bites Hot n' Spicy Pickle Snacking Cuts	1 oz	0	0	0	0	0	320	0	0	0	0	3 servings

MHealthy Approved Yogurt

	6 oz or less	<= 150 calories										No artificial sweeteners or colorings
MHealthy Nutrition Guideline												
Oikos Triple Zero Greek Yogurt, Strawberry	5.3 oz	120	0	0	0	<5	65	14	6	6	15	

MHealthy Approved Cereals

	Volume (oz.)/Wt (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other information
MHealthy Nutrition Guideline	Per Serving								>= 2.5 g fiber	<= 10 g of added sugar		First ingredient is a whole grain
Quaker Apple & Cinnamon Oatmeal	1.5 oz	160	2	0	0	0	200	33	4	12	4	
Think Thin Protein & Fiber Hot Oatmeal, Madagascar Vanilla, Almonds & Pecans	1.76 oz	190	3.5	0	0	0	135	32	5	9	10	
Think Thin Protein & Fiber Hot Oatmeal, Farmer's Market Berry Crumble	1.76 oz	190	2	0	0	0	140	33	5	10	10	

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MHealthy Approved Bars												
	Volume (oz)/Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per Serving	<=250 calories										First 2 ingredients are nuts, seeds, whole fruits or whole grains; no added supplements, vitamins or minerals
Kind Bar, Dark Chocolate Nuts & Sea Salt	1.4 oz	200	15	3	0	0	140	16	7	5	6	Almonds & peanuts
Kind Bar, Fruit & Nut	1.4 oz	200	13	1.5	0	0	15	17	3	7	6	Almonds & peanuts
Kind Protein Bar from Real Food, Double Dark Chocolate	1.7 oz	250	17	4	0	0	125	17	5	8	12	Peanuts, almonds
Lara Bar, Cashew Cookie	1.7 oz	230	13	1.5	0	0	5	23	3	18	6	
Lara Bar, Chocolate Chip Cookie Dough	1.6 oz	210	11	3	0	0	55	25	2	15	3	Cashews, Dates
Quaker Breakfast Flats, Cranberry Almond	1.4 oz	180	7	0.5	0	0	135	27	3	12	3	Whole grain oat flour & whole grain rolled oats
Rx Bar: Blueberry	1.83 oz	210	7	1	0	0	115	26	6	17	12	
Rx Bar: Chocolate Coconut	1.83 oz	210	9	2	0	0	150	23	6	14	12	
Rx Bar: Chocolate Sea Salt	1.83 oz	210	9	2	0	0	270	24	6	15	12	
Rx Bar: Peanut Butter	1.83 oz	210	8	1.5	0	0	310	24	6	15	12	
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	Apples, strawberries

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MHealthy Approved Sides												
	Volume (oz.) /Wt (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per Serving	<= 250 Calories		<= 10% of calories from sat fat			<= 480 mg sodium					Must contain whole grains and/or vegetables
Carrots & Celery with Dip	5 oz	60	4	0	0	5	210	6	1	4	1	
Original Hommus topped with taboule	4 oz	100	5	0.5	0	0	260	11	3	2	3	Contains bulgur wheat & vegetables
Original Hommus with Pita Crisps	5 oz	180	8	1	0	0	350	20	5	4	6	0 g added sugar; Pita Crisps contain chick peas & green lentils; hommus contains chick peas
Vegetable Mix with Lite Ranch Dip	5 oz	60	4	0	0	5	210	6	1	4	1	
Vegetable Tray with Dill Dip	6 oz	190	15	1	0	10	230	12	4	6	3	
MHealthy Approved Soups												
	Per 8 fl ounces			<= 10% of calories from sat fat			<= 600 mg sodium					Must contain whole grains and/or vegetables
Panera Chicken Tortilla Soup	8 oz	170	3	0.5	0	15	530	23	7	3	12	

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MHealthy Approved Beverages

	Volume (oz.) /Wt (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per 8 oz Serving	<= 5 cals per serving								NO added sugar, no additives or dyes		Milk & milk alternatives: <= 1% milk, a "good" source of calcium
Aquafina Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	
Bubly Sparkling Water, Grapefruit	12 fl oz	0	0	0	0	0	0	0	0	0	0	
Bubly Sparkling Water, Strawberry	12 fl oz	0	0	0	0	0	0	0	0	0	0	
Deja Blue Water	20 fl oz	0	0	0	0	0	0	0	0	0	0	
Fiji Water	16.9 oz	0	0	0	0	0	0	0	0	0	0	
Gold Peak Tea Unsweetened (Bottled)	18.5 fl oz	0	0	0	0	0	55	0	0	0	0	
Hint Water, Blackberry	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Hint Water, Crisp Apple	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Hint Water, Raspberry	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Hint Water, Strawberry Kiwi	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Hint Water, Watermelon	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Honest Unsweetened Green Tea	16 fl oz	0	0	0	0	0	0	0	0	0	0	
La Croix Sparkling Water, Lime	12 fl oz	0	0	0	0	0	0	0	0	0	0	
La Croix Sparkling Water, Orange	12 fl oz	0	0	0	0	0	0	0	0	0	0	
Perrier Sparkling Natural Mineral Water	16 fl oz	0	0	0	0	0	0	0	0	0	0	
Pure Leaf Unsweetened Tea	18.5 fl oz	0	0	0	0	0	0	0	0	0	0	
Skim Milk	10 fl oz	112	0	0	0	6	160	16	0	16	10	

MHealthy Approved Animal & Plant Based Proteins

	Volume (oz.) /Wt (g)	Calories (g)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Fiber (g)	Sugar (g)	Protein (g)	Other Information
MHealthy Nutrition Guideline	Per 3.5 oz (cooked)			<= 4.5 g sat fat								Items cannot be fried
Farm-Fresh Cage Free Hard-Boiled Eggs	3 oz	140	8	3	0	330	120	0	0	0	12	

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