

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
Animal and Plant-based Proteins												
MHealthy Nutrition Guideline	per 3.5 ozw.		less than 10 grams	no more than 4.5 grams								
Baked Beans (Satchel's BBQ)	6 oz.	175	2.5	1	0	4	500	33	6	17	6	
Black Bean Burger patty	3.3 ozw.	170	5	0.5	0	0	470	18	6	2	15	
Channa Masala	3 ozw.	310	8.5	0.8	0	0	187	46	13	9	15	
Chicken Breast	4 ozw.	140	3	1	n/a	70	60	0	0	0	26	
Chicken Tenders	6 ozw	360	14	2.5	0	90	1110	23	0	0	34	
Dal Moong Wash (yellow lentils)	3 ozw.	117	7	0.5	0	0	278	10	5	1	4	
Salmon fillet	3 ozw.	170	9	1.5	n/a	55	230	0	0	n/a	20	
Turkey Burger patty	3.5 ozw	150	8	2	0	70	60	0	0	0	20	
<u>Omelet Bar</u>												
Egg Whites	4 ozw.	60	0	0	0	0	180	2	0	0	12	
Breakfast blend eggs	4 ozw.	150	6	1	n/a	310	180	8	0	n/a	15	
<u>SALAD BAR</u>												
Black Beans	1.3 oz	37	0	0	0	0	111	5	2	0	2	
Chicken Breast-antibiotic free	4 ozw.	110	2.5	0.5	0	65	450	1	0	0	21	
Chicken Fajita	3 ozw.	100	2	1	0	n/a	580	2	0	n/a	19	
Garbanzo Beans	1.5 ozw	35	0.5	0	0	0	120	6	2	1	2	
Turkey Breast	1.6 oz	49	0	0	0	n/a	211	0	0	0	11	

University of Michigan Health System Cafe (University Hospital)

MHealthy Approved Menu Items

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Cereals and Bread Products												
MHealthy Nutrition Guideline	per serving		5 grams or less	1 gram or less	0 grams		480 mg or less		at least 2.5 grams			
12 grain bread	1 slice	120	2	0	0	0	150	20	3	3	5	
Ancient grain bread	1 slice	110	1.5	0	0	0	170	20	3	3	4	
Apple Jacks	42 g	160	1.5	1	0	0	200	37	4	18	2	
Banana Bran Muffin	2 oz	140	4	0	0	0	120	24	3	7	4	
Barry's Sunny Grain Bagel	4 ozw	290	3	n/a	n/a	0	400	56	3	6	11	
Blueberry Muffin	2 oz	130	4	0	0	0	100	22	3	8	3	
Blueberry Scone	1.5 oz	130	5	1	0	5	85	18	3	3	4	
Chocolate Chip Muffin	2 oz	170	5	1	0	0	140	28	3	8	4	
Cinnamon Raisin Pecan Scone	1.5 oz	140	5	1	0	5	80	20	3	4	5	
Corn Pops	42 g	160	0.5	0	0	0	150	38	4	13	2	
Froot Loops	42 g	160	1.5	1	0	0	200	37	4	18	2	
Kellogg's Frosted Mini-Wheats	1 pkg	250	0	0	0	0	0	60	8	14	7	
Kellogg's Smart Start Antioxidant	1 pkg	290	1	0	0	0	430	65	4	21	5	
Kellogg's Special K Fruit & Yogurt	1 pkg	280	2	1	0	0	340	65	6	n/a	n/a	
Special K Red Berries	1 pkg	250	1	0	0	0	440	61	n/a	n/a	n/a	
Lemon Poppy Muffin	2 oz	150	4.5	0	0	0	135	25	3	6	4	
Lucky Heart Muffin	1	190	5	0.5	0	0	290	36	5	19	6	
Multi-grain Bread	1 slice	110	1	0	0	0	140	20	3	3	4	
Multi-grain Pancakes	3, 4 inch	210	3.5	0.5	0	0	390	40	6	7	6	
Multi-grain Pancakes with Blueberries	3, 4 inch	230	4	0.5	0	0	390	45	7	11	6	
Multi-grain Pancakes with Strawberries	3 ozw.	220	0	0	0	0	390	44	8	7	6	

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Oatmeal	1 cup	150	2.5	0	n/a	0	0	25	4	1	6	
Oatmeal-apple cinnamon	1 cup	240	3.5	0	n/a	0	0	41	6	n/a	10	
Raisin Bran Crunch	80 g	280	1.5	0	0	0	280	68	6	29	5	
Wheat Lawash breakfast burrito	1 each	120	1	0	0	0	230	16	12	0	10	
Whole Wheat Bun	1 each	150	2	0.5	0	0	270	28	4	4	8	

Chips, Pre-Packaged Snacks

			5 grams or less	1 gram or less	0 grams		no more than 480 mg					Healthy fat exception (up to 3 grams saturated fat)
MHealthy Nutrition Guideline	per serving		5 grams or less	1 gram or less	0 grams		no more than 480 mg					Healthy fat exception (up to 3 grams saturated fat)
Angie's Boom Chicka Pop	.6 oz	90	4.5	0	0	0	55	11	2	0	2	
Back to Nature crackers-cheddar cheese	1.05 oz	140	5	0.5	0	0	260	20	<1	0	3	
Back to Nature crackers-tomato basil	1.05 oz	120	1.5	0	0	0	270	24	1	4	3	
Baked Cheetos	0.875 oz	120	4.5	1	0	0	210	17	0	<1	2	
Baked Lays	1 pkg.	130	1.5	0	0	0	170	26	2	2	2	
Baked Lays-BBQ	1.13 oz	140	3.5	0.5	0	0	220	24	2	4	2	
Baked Lays-Sour Cream & Onion	1.13 oz	130	2	0	0	0	200	26	2	2	2	
Baked Ruffles Cheddar and Sour Cream	0.875 oz	110	3	0	0	0	240	18	2	2	2	
Chex Mix*	26 g	120	3.5	0.5	0	0	210	21	1	2	2	
Chex Mix-Bold*	29 g	120	3.5	0.5	0	0	200	21	1	2	2	
Doritos Reduced Fat-Nacho	1 pkg.	130	5	0.5	0	0	200	20	2	0	2	
Doritos Reduced Fat-Cool ranch	1 pkg.	130	5	1	0	0	160	19	2	1	2	

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MHealthy Approved Menu Items

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Fat Free Fig Newtons	1 oz.	100	0	0	0	0	130	23	2	14	1	
Jello cup	3.47 oz	100	0	0	0	0	45	25	0	22	0	
KAR'S - Peanuts & Nuts - Unsalted												
Cashews, Roasted	1 oz	160	14	2.5	0	0	0	8	1	1	5	nut exception
KAR'S - Nuts - Roasted & Salted												
Peanuts	1 oz	170	15	2.5	0	0	90	4	3	1	8	nut exception
Almonds	1 oz	170	16	1	0	0	5	3	1	6		nut exception
Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	nut exception
KAR'S - Seeds & Kernels (Roasted & Salted)												
Sunflower Kernels	1 oz	170	15	2	0	0	115	6	3	<1	6	seed exceptio
Pistachios, In-Shell	1 oz	160	13	1.5	0	0	115	8	3	2	6	nut exception
Kar's Raisin Almond Cashew Mix	1 oz	120	7	1	0	0	0	15	2	9	3	nut exception
POP Chips: Original Potato	.8 oz	100	3	0	0	0	160	15	1	0	1	
POP Chips: Barbeque Potato	.8 oz	100	3	0	0	0	180	15	1	2	1	
POP chips: Cheddar & Sour Cream	.8 oz	100	3.5	0.5	0	0	160	15	1	1	1	
Pop Chips: Sour Cream and Onion Potato	.8 oz	100	3.5	0	0	0	160	15	1	1	2	
Quakers Apple Cinnamon Popped Rice Crisps*	1.05 oz	120	1	0	0	0	100	27	0.9	8	1	
Quakers Caramel Corn Popped Rice Crisps*	1.05 oz	110	0.5	0	0	0	310	26	<1	9	1	
Saltines	.21 oz.	60	1.5	0	0	0	190	11	0	0	1	
Special K Cracker Chips--Cheddar	.88 oz	100	3.5	0.5	0	0	180	18	2	2	1	
Special K Cracker Chips--Sea Salt	.88 oz.	100	3.5	0	0	0	180	18	2	1	1	
Special K Cracker Chips--Sour Cream & Onion	.88 oz.	90	2.5	0	0	0	190	19	2	1	2	

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Tostitos Oven Baked Scoops	.88 oz.	110	2.5	0	0	0	125	19	2	0	2	
Wheat Crackers (Keebler)	.25 oz	35	1	0	0	0	60	5	<1	<1	<1	
Wheat Thins*	1.1 oz	140	5	1	0	0	130	22	3	4	2	
*Contains more than one serving per package												

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MHealthy Approved Menu Items

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Dairy and Dairy Alternatives												
MHealthy Nutrition Guideline	per 8 oz.		no more than 3 grams	no more than 1 gram								
Light & Fit Yogurt-Blueberry	6 oz	80	0	0	0	<5	75	16	0	11	5	
Light & Fit Yogurt- Peach	6 oz	80	0	0	0	<5	75	16	0	11	5	
Light & Fit Yogurt- Strawberry	6 oz	80	0	0	0	<5	80	16	0	11	5	
Dannon Light 'n Fit Vanilla Yogurt (for yogurt parfait bar)	4 oz	60	0	0	0	<5	60	9	0	7	4	
Dannon Plain Greek Yogurt	8 oz	120	0	0	0	15	80	9	0	9	22	

Desserts, Cookies, Frozen Novelties												
MHealthy Nutrition Guideline	per serving	300 calories or less		4 grams or less								
Apples & Caramel	5 ozw	140	0	0	0	0	40	35	3	27	1	
Blondie bar (Earthen Jar)	1 (2.9 oz)	270	13	2.6	0	0	251	36	3	23	2	
Brownie (Earthen Jar)	1 (2.5 oz)	193	11	1	0	0	252	26	2	21	1	
Chocolate Cake (Earthen Jar)	4.9 oz	271	1.5	0	0	97	97	67	3.5	34	3	
Coconut Macaroon (Earthen Jar)	2.5 oz	108	2	1.6	0	0	77	22	1	17	1	
Health Shake	340g	168	1	0	0	0	26	40	5	29	3	
Power Bite	1 each	100	6	2.5	0	0	40	10	2	6	3	
Nonfat Frozen Yogurt	2.9 ozw	100	0	0	0	0	70	22	0	18	n/a	

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Nonfat Frozen, nondairy Yogurt	2.9 ozw	90	0	0	0	0	0	22	0	16	n/a	
Nonfat, No Sugar Added Frozen Yogurt	2.9 ozw	80	0	0	0	5	80	19	0	6	n/a	
Nonfat, Lowfat Frozen Yogurt	2.9 ozw	120	2	1	0	20	85	23	0	19	n/a	
Ginger Spice Cookie (2)	1.5 ozw	180	7	2	0	10	80	26	2	12	2	
Peanut Butter Cookie (2)	1.5 oz	200	14	3	0	10	60	18	2	6	6	
Smoothie--Strawberry Banana	16 oz.	230	0.5	0	0	0	30	58	n/a	n/a	n/a	
Smoothie--Very Berry Lemonade	16 oz.	240	0.5	0.5	0	0	25	59	n/a	n/a	n/a	
Smoothie--Peachy Keen	16 oz.	280	1	0.5	0	0	20	67	n/a	n/a	n/a	

Fruit												
MHealthy Nutrition Guideline	per serving		0 grams	0 grams								no added sugar
Apple-medium	6.39 ozw	90	0	0	0	0	0	25	4	19	0	
Banana-medium	4.14 ozw	110	0	0	0	0	0	27	3	14	1	
Fresh fruit salad	2.5 oz.	35	0	0	0	0	10	9	1	n/a	0	
Orange-medium	4.6 oz	60	0	0	0	0	0	15	3	12	1	
Pear	5.8 ozw	100	0	0	0	0	0	26	6	16	1	
Plum	2.3	30	0	0	0	0	0	8	1	7	0	
Cantaloupe cup	7 ozw.	70	0	0	0	0	0	16	2	15	2	
Grape cup	7 ozw.	140	0	0	0	0	0	36	2	31	1	
Honeydew Melon cup	7 ozw.	70	0	0	0	0	0	18	2	16	1	
Mandarin Oranges (salad bar)	3.8 oz	69	0	0	0	0	8	15	0	3	1	
Mango cup	7 ozw.	120	1	0	0	0	0	30	3	27	2	
Pineapple cup	7 ozw.	100	0	0	0	0	0	26	3	20	1	

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Strawberry cup	7 ozw.	60	0.5	0	0	0	0	15	4	10	1	
Strawberry/Blueberry cup	7 ozw.	90	0.5	0	0	0	0	22	4	15	1	
Watermelon cup	7 ozw.	60	0	0	0	0	0	15	1	12	1	
Yogurt Parfait Bar												
Blueberries	1 ozw	15	0	0	0	0	0	4	1	3	0	
Grapes, fresh	1 ozw	20	0	0	0	0	0	5	0	4	0	
Mangos	1 ozw	15	0	0	0	0	0	4	0	4	0	
Cantaloupe , fresh	1 ozw	10	0	0	0	0	0	2	0.5	2	0	
Pineapple, fresh	1 ozw	14	0	0	0	0	0	4	0.5	3	0	
Honeydew Melon, fresh	1 ozw	10	0	0	0	0	0	3	0.5	2	0	
Raisins	1 ozw	80	0	0	0	0	0	22	1	17	1	
Strawberries, fresh	1 ozw	10	0	0	0	0	0	2	1	1	0	

Healthy Fats

Salad bar												
Black Olives	0.5 ozw	12	2	0	0	0	60	0.5	0	0	0	
Sunflower Seeds	0.5 ozw	85	7	1	0	n/a	105	n/a	n/a	n/a	3	
Almonds, Slivered	0.5 ozw	80	7	0.5	0	0	0	3	2	1	3	
Peanuts												

Main Dish

MHealthy Nutrition Guideline	8 ozw or more	500 or less	no more than 20 grams	no more than 5 grams			no more than 1000 mg					
Beef Chili Con Carne	8 ozv	230	9	3.5	n/a	39	320	21	5	n/a	16	
Chef Salad (no dressing)	10.25 oz	210	10	4.5	0	55	840	9	4	4	22	
Chicken Caesar Salad (no dressing)	6.75 oz	170	6	3	0	45	320	10	3	2	20	
Chicken Cobb Salad (no dressing)	9.5 oz	200	8	3.5	0	130	350	8	3	5	25	
Chicken Cranberry Salad (no dressing)	8.3 oz	210	6	0.5	0	40	270	20	3	12	21	

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Chicken Pinto Bean Chili	8 ozv	210	6	1	n/a	55	460	19	5	n/a	21	
Coleslaw (Satchel's BBQ)	6 oz.	139	12	2	0	6	132	7	2	5	2	
MHealthy Veggie Scramble	11.5 oz	165	2	1.5	0	10	410	11	2.5	3	26	
Egg White Burrito	9.75 oz	310	6	1.5	0	3	830	41	23	3	25	
Gabriel's Garden Salad	11.7 oz	60	0	0	0	0	25	13	4	7	3	
Garden Salad (no dressing)	10.4 oz	60	1	0	0	0	50	12	6	5	4	
Garden Salad-half (no dressing)	4.2 oz	30	1	0	0	20	30	5	2	2	2	
Greek Yogurt Parfait	9 oz	240	1	0	0	10	100	40	3	23	19	
Hummus & Pita (Ahmo's)	13.6 oz	500	15	2	n/a	0	580	86	12	2	18	
Red Beans & Rice (Satchel's BBQ)	6 oz.	133	1	0	0	0	182	28	3	1	6	
Tofu, Gluten-Free Noodles, Vegetables with Miso Broth*	20 ozw	190	3	0.5	0	0	960	35	3	3	6	
Yogurt Parfait	13 oz	380	4.5	3	0	15	240	69	2	57	17	
Sushi												
California Roll (Brown Rice)	9.5 oz	310	7	1	0	0	830	53	5	7	9	
California Roll (Brown Rice) w/mayo sauce	10 oz	420	19	3	0	0	910	53	5	7	9	
Eel Roll (Brown Rice)	10 oz	450	17	4	0	105	680	52	3	13	20	
Marina Plate (sushi)	7.5 oz	370	7	2	0	65	910	59	0	12	21	
Spicy Roll- Baby Shrimp (Brown Rice)	10 oz	370	12	2	0	100	800	49	4	6	17	
Spicy Roll- Salmon (Brown Rice)	10 oz	450	16	3	0	45	610	48	4	7	25	
Spicy Roll- Tuna (Brown rice)	10 oz	410	12	2	0	50	530	46	3	6	24	
Vegetable Combo	9.5 oz	360	7	1	0	0	950	72	6	14	7	

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Vegetable Combo (Brown Rice)	9.5 oz	300	7	1	0	0	480	53	7	9	6	
*multiple servings per container												
Pasta, Potatoes, Stuffing and Grains												
MHealthy Nutrition Guideline	per serving		5 grams or less				480 mg or less					
Baked Potato-plain	1	216	0.5	0	n/a	0	23	49	5	0	n/a	

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Salad Dressings/Condiments												
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)		10 grams or less	2 gram or less			320 mg or less					
Balsamic Vinegar	1 ozv	9	0	0	0	0	0	0	0	n/a	0	
Creamy Avocado Mayo (grill)	1 ozv	80	7	1	n/a	4	170	5	0.5	1	0	
Creamy French Dressing Packet	1.5 oz	162	15	2.5	0	<5	430	6	0	5	0	
Creamy Horseradish Mayo (grill)	1 ozv	90	8	2	n/a	9	140	5	0	2	0	
Fat Free Raspberry Vinaigrette	1 ozv.	33	0	0	0	0	80	8	0	n/a	n/a	
Greek Feta Dressing	1 ozv.	85	9	1	0	0	246	2	0	n/a	n/a	
Honey Mustard Dip Cup	1.5 oz	150	11	2	0	10	210	12	0	10	0	
Italian Golden Dressing Packet	1.5 oz	111	11	2	0	<5	410	2	0	2	0	
Jelly	0.5 ozw	35	0	0	0	0	0	9	0	8	0	
Ketchup	2 Tbsp.	30	0	0	0	0	200	8	0	8	0	
Light Raspberry Dressing Packet	1.5 oz	101	6	0.5	0	0	170	11	0	8	0	
Light Red French Dressing Packet	1.5 oz	101	2.5	0	0	0	430	19	0	18	0	
Mexican Ventura Dressing	1 ozv.	57	4	0	0	0	159	5	0	n/a	n/a	
Red Wine Vinegar	1 ozv.	0	0	0	0	0	0	0	0	n/a	n/a	
Sesame Ginger Dressing	1 ozv.	94	7	2	0	0	227	9	0	n/a	n/a	
Signature Sauce (grill)	1 ozv	90	6	1	n/a	5	250	8	0	4	0	

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Sandwiches												
MHealthy Nutrition Guideline	8 ozw or more	500 or less	no more than 20 grams	no more than 5 grams			no more than 1000 mg					
Buffalo Chicken Panini	1	448	12	4		80	821					
Chicken Caesar Wrap	8.25 oz	490	20	4.5	0	15	860	42	7	3	38	
Chicken Pesto Wrap	9.5 oz	490	19	5	0	20	900	43	8	3	42	
Ham & Swiss on Sourdough	8 oz	370	9	3.5	0	15	990	43	1	4	28	
Kosher: Baingan Alu Wrap	10.5 ozw	280	8	0.5	0	0	430	47	10	6	7	
Marinated Chicken Breast (grill)	7.75 ozw	400	13	4	n/a	90	860	35	5	n/a	34	
Portobella, Spinach and Feta Panini	1	448	12	4		80	821					
Pulled Chicken (Satchel's BBQ)	1	380	18	5	0	85	340	26	1	4	25	
Salmon filet (grill)	9.7 ozw	400	18	4	n/a	55	720	39	4	n/a	22	
Steak Chimichurri Ciabatta	11.5 ozw	500	17	5	n/a	65	460	53	6	n/a	35	
Turkey on Multi-grain	8.2 oz	370	11	4	0	20	1000	38	3	5	33	
Turkey Wrap	9.25 oz	380	12	3.5	0	15	730	39	8	1	33	

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Side Salads												
MHealthy Nutrition Guideline			5 grams or less	1 gram or less			480 mg or less					
Low fat cottage cheese	4 oz.	80	1	1	0	10	442	5	0	n/a	14	
Chicken Caesar Salad-half (no dressing)	3 oz	60	2	1	0	5	180	3	1	1	9	
Potato Salad	3.5 oz.	110	3	0.5	n/a	2	150	18	2	n/a	2	
Quinoa Salad (salad bar)	2 oz.	45	4	0	n/a	0	2	4	n/a	n/a	1	
Snack Bars												
MHealthy Nutrition Guideline	per serving		5 grams or less	1 gram or less	0 grams		480 mg or less		2.5 grams or more			healthy fat exception (up to 3 grams saturated fat)
Betty Lou's Blueberry Fruit bar	1	180	3	0	0	0	75	39	3	21	2	
Health Warrior--Chocolate Peanut Butter	1	100	6	1	0	0	40	13	4	5	3	
Health Warrior--Chocolate Cherry	1	100	5	1	0	0	45	14	4	5	3	
Kashi TLC Chewy bar-Trail Mix	1.2 oz	140	5	0.5	0	0	105	20	4	6	6	
Kashi TLC Chewy Honey Almond Flax	1	140	5	0	0	0	105	19	4	5	7	
Kind-Fruit & Nut	1	200	13	1.5	0	0	10	17	3	9	6	nut exception
Kind Nut Delight bar	1	210	16	2	0	0	10	14	3	5	4	nut exception
Lara Bar-Apple Pie	1	190	10	1	0	0	5	24	5	18	5	nut exception

University of Michigan Health System Cafe (University Hospital)

MHealthy Approved Menu Items

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
Lara Bar-Blueberry Muffin	1	190	8	1.5	0	0	5	26	3	17	3	nut exception
Lara Bar-Cherry Pie	1	200	8	0.5	0	0	0	30	4	23	5	nut exception
Lara Bar Uber-Apple Turnover	1	190	11	1	0	0	125	20	3	15	6	nut exception
Lola Granola Bar--The Ellie	1	206	9	2.5	0	0	3	29	5	15	2	
Lola Granola Bar--The Lola	1	208	10	2	0	0	3	28	4	14	2	
NuGo Fiber d' Lish Chocolate Brownie	1	140	4	1	0	0	30	30	12	9	4	
NuGo Fiber d' Lish Banana Walnut	1	140	4	0	0	0	40	30	12	8	4	
Nutri-Grain Apple Cinnamon	1 bar	120	3	0.5	0	0	110	24	3	12	2	
Nutri-Grain Blueberry	1 bar	120	3	0.5	0	0	110	24	3	12	2	
Nutri-Grain Raspberry	1 bar	120	3	0.5	0	0	110	24	3	12	2	
Nutri-Grain Strawberry	1 bar	120	3	0.5	0	0	125	24	3	11	2	
Pure: Apple Cinnamon	1	190	8	0.5	0	0	10	28	3	20	5	
Pure: Banana Coconut	1	190	8	1	0	0	5	25	3	17	6	
Pure: Cherry Cashew	1	190	8	1	0	0	5	25	3	17	6	
Pure: Cranberry Orange	1	200	8	1	0	0	5	26	3	19	6	
Pure: Wild Blueberry	1	190	8	0.5	0	0	5	27	3	19	6	
Soup												
MHealthy Nutrition Guideline	based on 8 oz volume		5 grams or less	1 gram or less			600 mg or less					
Bean Vegetable Dill soup	8 ozv	140	2	0.5	n/a	0	240	24	5	n/a	7	
Beef Mushroom Toasted Barley soup	8 ozv	110	4	1	n/a	12	270	13	2	n/a	6	

University of Michigan Health System Cafe (University Hospital)

MHealthy Approved Menu Items

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
Black Bean	8 ozv	168	3.5	0.5	n/a	0	399	27	10	n/a	9	
Butternut Squash Sweet Potato Soup	8 ozv	100	3	0.5	n/a	0	250	17	2	n/a	2	
Chicken Brown Rice	8 ozv	100	4	1	n/a	22	270	10	1	n/a	6	
Chicken Chipotle Tortilla	8 ozv	140	5	1	n/a	20	380	16	3	n/a	8	
Chicken Noodle, Double	8 ozv	140	5	1	n/a	30	450	17	1	n/a	7	
Jerk Chicken with Brown Rice	8 ozv	150	4	1	n/a	25	320	19	3.5	n/a	9	
Lentil, Brown soup	8 ozv	100	3	0.5	n/a	0	160	15	3	n/a	4	
Moroccan Chickpea	8 ozv	100	4	0.5	n/a	0	340	14	3	n/a	3	
Onion Soup	8 ozv	90	2	0.5	n/a	1	300	14	1.5	n/a	2	
Pasta Fagioli soup	8 ozv	140	4	1	n/a	5	<5	20	3	n/a	5	
Vegetable Bean Chili	8 ozv	90	1	0	n/a	0	120	18	4	n/a	4	
Vegetable Brown Rice soup	8 ozv	90	2.5	0.5	n/a	0	240	14	2	n/a	2	
Vegetable Rice soup	8 ozv	85	3	0.5	n/a	-	160	14	1.5	n/a	2	

Vegetables

MHealthy Nutrition Guideline	Per Serving		5 grams or less	no more than 1 gram			480 mg or less					
Steamed Broccoli	2 oz	20	0	0	n/a	0	20	4	2	n/a	1	
Steamed zucchini and squash	3 ozw	10	0.5	0	n/a	0	2	2	7	n/a	1	
Veggies & Fat Free Ranch	8 ozw	70	0	0	0	0	480	17	4	7	0	
<u>Salad Bar/Breakfast Bar/Grill</u>											0	
Banana Peppers (omelet bar)	1 ozw	5	0	0	0	0	480	1	0	0	0	

University of Michigan Health System Cafe (University Hospital)

MHealthy Approved Menu Items

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
Banana Peppers (Salad bar)	1.6 oz	8	0	0	0	0	448	2	n/a	n/a	0	
Beets	1 ozw	10	0	0	0	0	79	2	0	1	0	
Bell Peppers	1 ozw	5	0	0	0	0	0	1	0	1	1	
Black Olives	1 oz	54	4	0	0	0	66	1	0	0	0	
Broccoli	1 ozw	10	0	0	0	0	13	2	1	0	1	
Carrots	1 ozw	10	0	0	0	0	20	3	1	1	0	
Corn	1 oz	20	0	0	0	0	0	8	0	0	0	
Cucumber Slices	1 ozw	5	0	0	0	0	0	1	0	0	0	
Diced Onions	1 ozw	10	0	0	0	0	0	3	0.5	1	0	
Jalapenos, canned	0.9 ozw	5	0	0	0	0	255	1	1	0	0	
Kale	1 oz	45	1	0	0	0	35	9	n/a	n/a	3	
Lettuce, Iceberg	1 ozw	5	0	0	0	0	0	1	0	1	0	
Lettuce, Romaine	1 ozw	5	0	0	0	0	0	1	1	0	1	
Mixed/Spring Greens	1 ozw	5	0	0	0	0	5	1	1	0	1	
Mushrooms	1 ozw	7	0	0	0	0	5	1	0	1	1	
Mushrooms for grill	1 ozw	6	0	0	n/a	0	1	1	0.5	1	1	
Onion, Red	1 ozw	10	0	0	0	0	0	3	0	1	0	
Peas	1 ozw	20	0	0	0	0	30	4	1	1	1	
Pickles for grill	1 ozw	3	0	0	n/a	0	250	1	0.5	0	0	
Spinach	1 ozw	5	0	0	0	0	20	1	1	0	1	
Tomatoes	1 ozw	5	0	0	0	0	0	1	0	1	0	

Nutrition information for some Mhealthy menu items that have been modified from the original recipe may vary from the nutrition information listed on the UMHS Café weekly menu.

Menu items available daily vary according to rotating menu and seasonal menu

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

**Please be aware that some foods contain naturally occurring trans fat. We have made every effort to remove all industrial trans fat added as*