

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
Dairy and Dairy Alternatives												
MHealthy Nutrition Guideline	per serving		no more than 3 grams	no more than 1 gram						21 grams or less per 8 oz.		
Light 'n Fit Greek Yogurt--Strawberry	5.3 oz	80	0	0	0	10	55	8	0	6	12	
Light 'n Fit Greek Yogurt--Blueberry	5.3 oz	80	0	0	0	10	45	9	0	7	12	
Light 'n Fit Greek Yogurt--Cherry	5.3 oz	80	0	0	0	10	45	9	0	8	12	
Light 'n Fit Greek Yogurt--Vanilla	5.3 oz	80	0	0	0	10	50	9	0	7	12	
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	
Light & Fit Yogurt- Vanilla	6 oz	80	0	0	0	<5	75	16	0	11	5	

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Cereals and Bread Products												
MHealthy Nutrition Guideline			5 grams or less	1 gram or less	0 grams		480 mg or less		at least 2.5 grams			
Honey Wheat Bagel	1	250	2	0	0	0	360	51	4	4	9	
Raisin Bran Bagel	1	260	1.5	0	0	0	430	55	3	12	9	
Kashi Heart to Heart Wild Blueberry Clusters cereal	1.9 oz	200	2	0.5	0	0	135	43	4	12	6	
Kashi Heart to Heart cereal	1.4 oz	140	2	0	0	0	100	31	5	7	5	
Kashi GOLEAN cereal	1.6 oz	130	1	0	0	0	75	26	9	5	12	
Kashi GOLEAN Crunch cereal	2.3 oz	240	3.5	0	0	0	125	45	10	15	12	
Kellogg's Low Fat Granola with Raisins	1 pkg	240	3	0.5	0	0	160	50	5	18	6	
Kellogg's Frosted Mini-Wheats	1 pkg	250	0	0	0	0	0	60	8	14	7	
Kellogg's Special K Red Berries	2.5 ozw	250	1	0	0	0	440	61	6	21	4	
Kellogg's Smart Start Antioxidant	1 pkg	290	1	0	0	0	430	65	4	21	5	
Oatmeal	8 ozw	130	2.5	0	0	0	0	25	4	0	5	

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Chips, Pre-packaged Snacks												
MHealthy Nutrition Guideline			no more than 5 grams	no more than 1 gram	0 grams		no more than 480 mg					healthy fat exception (up to 3 grams saturated fat; no added sugar)
Baked Doritos Nacho Cheese	1.38 oz	170	5	1	0	0	320	29	2	2	3	
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 Lays-Cheddar & Sour Cream	1	100	3	0	0	0	200	17	1	2	1	
Baked Lays-Original	1.13 oz	130	2	0	0	0	150	26	2	2	2	
Biscotti--Almond	1	113	1	0	0	17	44	28	1	10	2	
Biscotti--Anise	1	113	1	0	0	17	41	22	0	5	0	
Biscotti-Cappuccino	1	130	3	0	0	20	95	22	0	5	0	
Biscotti-Caribbean Delight	1	130	4	1	0	25	95	23	1	6	1	
Biscotti-Chocolate Hazelnut	1	118	2	0	0	17	41	23	0	5	1	
Biscotti-Chocolate Orange	1	150	3	0	0	20	95	26	0	8	1	
Biscotti-Cinnamon Chip	1	113	1	0	0	17	41	22	0	5	0	
Biscotti-Cranberry Pistachio	1	130	4	1	0	25	95	23	1	6	1	
Biscotti-Cranberry Walnut	1	113	1	0	0	17	41	22	0	5	0	
Biscotti-Gingerbread	1	140	3	0	0	10	95	26	0	5	0	
Biscotti-Lemon Pecan	1	148	6	1	0	18	90	24	2	6	2	
Biscotti-Maple Pecan	1	162	5	0	0	3	51	28	1	9	1	
Biscotti-Peanut Butter Chocolate Chip	1	160	5	0	0	20	110	25	0	7	1	
Fat Free Fig Newtons	2.1 oz	100	0	0	0	0	130	22	1	13	1	

Victor's Way Cafe

MHealthy Approved Menu Items

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Rice Krispies Treat, Strawberry	1.3 oz	150	4	1	0	0	170	29	0	13	1	
<u>OPE'S Oatmeal</u>												
<u>Applesauce Cookies</u>												
Chocolate Chip	2 oz.	160	5	0	0	0	50	27	4	6	4	
Classic	2 oz.	150	4	0	0	0	50	26	4	6	4	
Raisin	2 oz.	160	4	0	0	0	50	27	4	6	4	
Pop Chips, Original Potato Chips	1 oz	120	4	0	0	0	190	18	1	<1	1	
Pop Chips, Barbecue Potato	1 oz	120	4	0	0	0	190	18	1	3	2	
Pop Chips, Sour Cream & Onion Potato	1 oz	120	4	0.5	0	0	190	19	1	2	2	
Saltine Crackers	6 g	20	0.5	0	0	0	95	4	0	0	0	
Special K Cracker Chips, Cheddar	.88 oz.	100	3.5	0.5	0	0	180	18	2	2	1	
Special K Cracker Chips, BBQ	1.06 oz	110	2.5	0	0	0	210	23	3	2	2	
Special K Cracker Chips Baked Snacks, Sea Salt	1.06 oz	110	2.5	0	0	0	230	23	3	0	2	
Special K Pastry Crisps- Strawberry	.88 oz.	100	2	1	0	0	80	20	0.9	7	1	
Special K Pastry Crisps- Blueberry	.88 oz.	100	2	1	0	0	80	20	0.9	7	1	
Soy Nuts	1/4 cup	120	4	1	0	0	32	18	2	15	5	
Wheat Crackers	1 oz.	35	1	0	0	0	60	5	0	0	0	

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Snack Bars												
MHealthy Nutrition Guideline			no more than 5 grams	no more than 1 gram	0 grams		no more than 480 mg		at least 2.5 grams			healthy fat exception (up to 3 grams saturated fat)
InBar--Cinnamon Swirl	2 oz.	173	5	0.5	0	0	30	22	10	7	10	
Kashi TLC Chewy bar - Honey Almond Flax	1.2 oz	140	5	0	0	0	105	19	4	5	7	
Kashi TLC Chewy bar: Trail Mix	1.2 oz	140	5	0.5	0	0	95	20	4	6	6	
Nutrigrain Bar: Apple Cinnamon	1.3 oz	120	3	0.5	0	0	110	24	3	12	2	
Nutrigrain Bar: Strawberry	1.3 oz	120	3	0.5	0	0	125	24	3	11	2	
Nutrigrain Bar: Blueberry	1.3 oz	120	3	0.5	0	0	110	24	3	12	2	
That's It bar--Apple & Blueberry	1	100	0	0	0	0	25	26	4	19	1	
That's It bar--Apple & Strawberry	1	100	0	0	0	0	30	22	4	17	1	

Desserts, Cookies, Frozen Novelties												
MHealthy Nutrition Guideline		300 or less		no more than 4 grams								
Jamba Juice Smoothies												
Apples 'n Greens	16 oz	220	0.5	0	0	0	45	54	3	42	3	
Caribbean Passion	16 oz	280	1	0.5	0	5	35	64	3	57	2	
Mega Mango	16 oz	220	0.5	0	0	0	20	54	4	46	2	
Razzmatazz	16 oz	300	1	0.5	0	5	40	71	3	57	2	
Orange-A-Peel	16 oz	280	0	0	0	0	80	65	3	58	5	
Orange Blast	16 oz	190	0	0	0	0	0	48	3	43	3	

Victor's Way Cafe

MHealthy Approved Menu Items

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Strawberry Whirl	16 oz	220	0	0	0	0	15	54	4	46	1	
Strawberry Wild	16 oz	280	0	0	0	0	95	67	3	58	3	
Rice Krispy Treat	1	190	4.5	1.5	0	0	210	n/a	0	17	1	
Vanilla Chocolate Pudding Parfait	8.3 ozw.	270	3.5	1.5	0	0	300	53	2	41	6	
Vanilla Pudding Parfait	8.3 ozw.	260	3.5	1.5	0	0	320	53	2	41	6	
Chocolate Pudding Parfait	8.3 ozw.	280	3.5	1.5	0	0	280	53	2	41	6	

Fruit

MHealthy Nutrition Guideline	per serving		0 grams	0 grams								no added sugar
Apple	5 oz	80	0.5	0	0	0	20	21	4	0	0	
Banana	5 oz	110	0.5	0	0	0	30	28	3	0	1	
Orange	4.6 oz	60	0	0	0	0	0	15	3	0	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	
Cut up fresh fruit	8 oz	110	0	0	0	0	20	27	2	23	1	
Raisins	0.5 ozw	40	0	0	0	0	0	11	1	8	0	
Pineapple Cup	8 ozw.	110	0	0	0	0	0	30	3	22	1	
Watermelon cup	7 ozw.	60	0	0	0	0	0	16	1	13	1	

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Main Dish												
MHealthy Nutrition Guideline	at least 8 ounces	500 or less	no more than 20 grams	no more than 5 grams			no more than 1000 mg					
Chicken Caesar Salad with FF Caesar dressing	6.5 ozw	190	6	2	0	70	400	9	3	3	27	
Cranberry Mandarin Chicken Salad (no dressing, no cheese)	14.2 oz	250	4.5	1	0	85	110	28	7	19	27	
Chili	8 ozw	210	5	1.5	0	20	810	28	9	5	15	
Hummus with Veggies	7.8 oz	130	5	0.5	0	0	170	16	5	4	4	
Tuna Salad Cup	4 oz	100	3.5	0.5	0	25	90	5	1	2	11	
Yogurt Parfait (w/vanilla yogurt)	9 ozw	130	0	0	0	5	130	23	1	16	7	
Yogurt Parfait (w/strawberry yogurt)	9 ozw	120	0	0	0	5	100	22	1	15	7	
Yogurt Parfait (w/strawberry & Vanilla yogurt)	9 ozw	120	0	0	0	5	115	23	1	16	7	
Salad Dressings and Condiments												
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)		10 grams or less	2 gram or less			320 mg or less					
Balsamic Glaze	1 oz	40	0	0	0	0	0	8	0	6	0	
Creamy Horseradish	1 ozw.	45	3.5	2	0	10	40	2	0	0	2	
Fat Free Raspberry Vinaigrette	2 oz. pkt	70	0	0	0	0	560	15	0	14	0	
Hummus	2 ozw.	80	4.5	0.5	0	0	70	7	2	0	3	
Lite Mayo	1 ozw.	110	9	2	0	20	95	4	0	2	0	
Mustard	1 ozw.	0	0	0	0	0	310	6	0	0	0	

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Sandwiches												
MHealthy Nutrition Guideline	at least 8 ounces	500 or less	no more than 20 grams	no more than 5 grams			no more than 1000 mg					
Avocado Veggie with cream cheese	7.3 ozw	270	9	2.5	0	5	470	41	5	7	8	
Avocado Veggie with hummus	8.8 oz	340	12	2	0	0	480	48	7	6	9	
Chicken Salad Tweener (wheat tortilla)	10.2 oz	460	12	2.5	0	105	520	44	4	11	43	
Classic Chicken Salad on whole grain	11 oz	500	11	1.5	0	105	510	56	7	18	50	
Classic Egg Salad on whole grain	8.1 oz	340	9	1.5	0	115	550	49	7	12	21	
Classic Ham on Rye	7.3 oz	300	5	1.5	0	40	910	41	3	2	21	
Classic Tuna Salad on wheat	9.1 oz	410	11	1	0	50	480	50	7	12	34	
Classic Turkey Club on Sourdough	8 oz	290	4	1	0	45	910	45	2	4	28	
Classic Turkey on Sourdough	7.6 oz	260	2	0	0	40	820	44	2	4	26	
Dali's Surreal Hummus Whole Grain	9.4 ozw.	360	9	0.5	0	0	470	59	9	13	16	
Dali's Surreal Veggie w/cream cheese on whole grain	7.9 oz	290	6	1.5	0	5	460	52	7	14	14	
Da Vinci's Bacon Turkey on Ciabatta	8.3 oz	290	5	1.5	0	50	850	39	2	3	28	
Egg Salad Tweener (wheat tortilla)	7.8 oz	310	11	2.5	0	135	590	38	4	5	15	
Honey Wheat Bagel, egg patty, ham	5.9 ozw	350	9	2	0	125	650	53	4	5	17	

Victor's Way Cafe

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Honey Wheat Bagel, egg patty, turkey	5.9 ozw	350	8	1.5	0	125	660	53	4	5	17	
Tuna salad Tweener (wheat tortilla)	8.3 oz	370	12	2	0	50	490	38	4	5	27	
Turkey Tweener (wheat tortilla)	7.3 oz	250	5	1	0	40	750	37	4	5	24	
Vegetarian Black Bean Burger	9.86 ozw	290	3.5	0.5	0	0	830	52	10	7	13	
Veggie Burger	6 oz	250	6	0.5	0	0	540	34	6	4	16	

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Soup												
MHealthy Nutrition Guideline	8 ozv		5 grams or less	1 gram or less			no more than 600 mg sodium					
Butternut Squash	8ozv	100	1	0	0	0	200	20	4	11	5	
Carrot Ginger Bisque	8ozv	50	0	0	0	0	270	9	1	6	4	
Chicken Noodle soup	8 ozv	160	3	0.5	0	40	30	22	1	2	10	
Chicken Tortilla soup	8 ozv	80	1.5	0	0	20	120	8	1	2	8	
Chicken Vegetable	8 ozv	90	3.5	0	0	20	320	4	0	3	10	
Corn Chowder	8ozv	140	1.5	0.5	0	5	125	28	3	8	6	
Cream of Broccoli soup	8ozv	110	1.5	1	0	5	220	17	1	10	8	
Cream of Mushroom soup	8 ozv	110	1.5	1	0	5	210	17	1	11	9	
Gazpacho	8 ozv	50	2	0	0	0	10	7	2	4	1	
Manhattan Clam Chowder	8 ozv	30	0	0	0	0	190	5	1	2	2	
Navy Bean soup	8 ozv	70	0	0	0	0	260	12	3	0	4	
Oriental Chicken	8 ozv	35	1	0	0	15	40	1	0	0	6	
Roasted Garlic Bisque	8 ozv	100	0	0	0	5	200	18	1	10	8	
Roasted Red Pepper Bisque	8 ozv	70	0	0	0	5	310	11	2	8	5	
Tomato Basil	8ozv	60	1	0	0	0	80	10	1	6	3	
Vegan Southwest Black Beans & Rice Soup	8 ozv	190	2.5	0	0	0	320	32	7	1	8	
Vegan Vegetable Soup	8 ozv	60	0	0	0	0	300	12	2	5	2	
Vegetable Soup	8ozv	40	2.5	0	0	0	220	3	0	2	2	
Vegetable Orzo Soup	8 ozv	70	2.5	0	0	0	230	9	1	3	3	

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Vegetables												
MHealthy Nutrition Guideline	per serving		5 grams or less	1 gram or less			480 mg or less					
Carrots, Celery and Fat Free Ranch	6 oz	70	0	0	0	0	380	15	3	6	1	

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