

| | Serving | Calories | Total Fat (g) | Sat Fat (g) | Trans Fat* | Chol (mg) | Sodium (mg) | Total Carb (g) | Dietary Fiber (g) | Sugar (g) | Protein (g) | Other |
|------------------------------|---------|----------|---------------|-------------|------------|-----------|-------------|----------------|--------------------|------------------------|-------------|---------------------------------|
| Cereals | | | | | | | | | | | | |
| MHealthy Nutrition Guideline | | | | | | | | | at least 2.5 grams | 10 grams or less added | | 1st ingredient is a whole grain |
| Oatmeal | 40g | 150 | 3 | 0.5 | 0 | 0 | 0 | 27 | 4 | 1 | 5 | |

| Fruit | | | | | | | | | | | | |
|------------------------------|---------|-----|-----|---|---|---|----|----|-----|----|-----|---------------------------------------|
| MHealthy Nutrition Guideline | | | | | | | | | | | | no added sugar, artificial sweeteners |
| Fruit cup - Mixed | 7 oz. | 90 | 0 | 0 | 0 | 0 | 20 | 23 | 2 | 20 | 1 | |
| Fruit cup - Pineapple | 7 oz. | 100 | 0 | 0 | 0 | 0 | 0 | 26 | 3 | 20 | 1 | |
| Fruit cup - Cantaloupe | 7 oz. | 70 | 0 | 0 | 0 | 0 | 0 | 16 | 2 | 15 | 2 | |
| Fruit cup - Honeydew | 7 oz. | 70 | 0 | 0 | 0 | 0 | 0 | 18 | 2 | 16 | 1 | |
| Fruit cup - Mango | 7 oz. | 120 | 1 | 0 | 0 | 0 | 0 | 30 | 3 | 27 | 2 | |
| Fruit cup - Grapes | 7 oz. | 140 | 0 | 0 | 0 | 0 | 0 | 36 | 2 | 31 | 1 | |
| Whole fruit - Apples | 1 each | 95 | 0.3 | 0 | 0 | 0 | 2 | 25 | 4.4 | 19 | 0.5 | |
| Whole fruit - Oranges | 1 each | 100 | 0.5 | 0 | 0 | 0 | 3 | 27 | 7.2 | 12 | 2 | |
| Whole fruit - Bananas | 1 each | 90 | 0.5 | 0 | 0 | 0 | 1 | 23 | 2.6 | 12 | 1 | |
| Whole fruit - Pears | 1 each | 100 | 0 | 0 | 0 | 0 | 0 | 27 | 6 | 17 | 1 | |
| Raisins | 0.5 ozw | 40 | 0 | 0 | 0 | 0 | 0 | 11 | 1 | 8 | 0 | |
| | | | | | | | | | | | | |

| Main Dish | | | | | | | | | | | | |
|----------------------|-----------|--------|-----|-----|---|----|------|----|----|----|----|-----------|
| MHealthy Nutrition | | 500 or | | 10% | | | 1000 | | | | 7 | or veggie |
| Lemon Chicken & | 9 1/5 oz. | 240 | 6 | 0.5 | 0 | 30 | 220 | 40 | 31 | 14 | 17 | |
| Couscous Chicken | 10 19/25 | 360 | 9 | 1.5 | 0 | 30 | 85 | 62 | 11 | 29 | 19 | |
| Greek Yogurt Parfait | 8 1/2 oz. | 270 | 1.5 | 0 | 0 | 10 | 140 | 49 | 3 | 29 | 18 | |
| Yogurt Parfait | 8 1/2 oz. | 270 | 1.5 | 0 | 0 | 10 | 140 | 49 | 3 | 29 | 18 | |

| Salad Dressings/Condiments | | | | | | | | | | | | |
|-----------------------------------|--------------------|-----|----|-------------|---|---|----------------|---|---|---------------|---|--|
| MHealthy Nutrition | per 2 Tbsp. (1 oz) | | | 10% or less | | | 320 mg or less | | | grams or less | | |
| Peanut butter | 0.75 oz. | 120 | 90 | 2 | 0 | 0 | 100 | 5 | 2 | 2 | 4 | |

| Snack Bars | | | | | | | | | | | | |
|------------------------|-------|--------|-----|-----|---|---|-----|----|-----|----|---|-------------|
| MHealthy Nutrition | per | 250 or | | | | | | | | | | ingredients |
| Kind pressed bar - | 1 bar | 130 | 0.5 | 0 | 0 | 0 | 70 | 31 | 3 | 21 | 1 | apple |
| Kind pressed bar - | 1 bar | 110 | 0 | 0 | 0 | 0 | 45 | 27 | 2.5 | 18 | 1 | banana |
| Kind pressed bar - | 1 bar | 110 | 0.5 | 0 | 0 | 0 | 0 | 25 | 4 | 19 | 1 | strawberry |
| Kind bar - Fruit & Nut | 1 bar | 200 | 13 | 1.5 | 0 | 0 | 15 | 17 | 3 | 7 | 6 | almonds |
| Kind bar - Honey | 1 bar | 200 | 15 | 2 | 0 | 0 | 135 | 15 | 4 | 5 | 6 | cashews |
| Kind bar - | 1 bar | 210 | 16 | 1.5 | 0 | 0 | 15 | 14 | 6 | 4 | 7 | peanuts |

| Chips, Pre-Packaged Snacks | | | | | | | | | | | | |
|-----------------------------------|----------|-----|-----|-----|---|-----|-----|----|---|-----|---|------------|
| MHealthy Nutrition | per | | 5 | 10% | 0 | | no | | | 10% | | exception; |
| Oven baked Lays - | 28 g | 120 | 3.5 | 0.5 | 0 | 0 | 160 | 22 | 1 | 3 | 2 | |
| Oven baked Lays - | 28 g | 120 | 3.5 | 0 | 0 | 0 | 160 | 22 | 1 | 2 | 2 | |
| Oven baked Lays - | 28 g | 120 | 3.5 | 0.5 | 0 | 0 | 170 | 21 | 1 | 3 | 2 | |
| Kellogg baked chips - | 25 g | 100 | 3.5 | 0.5 | 0 | 0 | 180 | 18 | 2 | 2 | 1 | |
| Kellogg baked chips - | 25 g | 100 | 3 | 0 | 0 | 0 | 190 | 18 | 2 | 2 | 1 | |
| Baked Cheetos | 0.875 oz | 120 | 4.5 | 1 | 0 | 0 | 210 | 17 | 0 | <1 | 2 | |
| Reduced Fat Doritos - | 130 | 5 | 1 | 0 | 0 | 160 | 19 | 2 | 1 | | 2 | |
| Reduced Fat Doritos - | 130 | 5 | 0.5 | 0 | 0 | 200 | 20 | 2 | 0 | | 2 | |
| Chex mix | 29g | 120 | 3.5 | 0.5 | 0 | 0 | 230 | 22 | 1 | 2 | | |
| Chex mix - Bold | 29g | 120 | 3.5 | 0.5 | 0 | 0 | 210 | 21 | 1 | 2 | | |
| Fig Newtons - Fat | 29 g | 100 | 0 | 0 | 0 | 0 | 90 | 23 | 1 | 14 | 1 | |

East Ann Arbor Health Center Go Brew Cafe MHealthy Items May 2018

| | | | | | | | | | | | | |
|------------------------|---------|-----|-----|-----|---|---|-----|----|---|----|---|-----------|
| Harvest Snaps - | 28g | 110 | 4.5 | 0.5 | - | 0 | 50 | 17 | 4 | 1 | | |
| Harvest Snaps - | 1 oz. | 120 | 5 | 0.5 | 0 | 0 | 65 | 16 | 4 | 1 | 5 | |
| Kar's - Raisin almond | 1/4 cup | 120 | 6 | 0.5 | 0 | 0 | 0 | 16 | 1 | 10 | | exception |
| Kar's - roasted salted | 1/4 cup | 160 | 13 | 2.5 | 0 | 0 | 85 | 9 | 1 | 2 | | exception |
| Kar's - roasted salted | 1/4 cup | 160 | 15 | 2.5 | 0 | 0 | 90 | 4 | 2 | 1 | | exception |
| Kar's - roasted salted | 1 oz. | 160 | 13 | 1.5 | 0 | 0 | 120 | 8 | 3 | 2 | | exception |
| Kar's - roasted salted | 1 oz. | 170 | 15 | 2 | 0 | 0 | 115 | 6 | 3 | 1 | | exception |
| Peeled snacks - Apple | 1 bag | 120 | 0 | 0 | 0 | 0 | 0 | 30 | 2 | 17 | 0 | |
| Peeled snacks - | 1/2 bag | 120 | 0 | 0 | 0 | 0 | 0 | 28 | 2 | 20 | 2 | |
| Popcorners - Cheddar | 1 oz. | 120 | 0.5 | 0 | 0 | 0 | 135 | 19 | 0 | 0 | 2 | |
| Popcorners - | 1 oz | 120 | 4.5 | 0.5 | 0 | 0 | 120 | 19 | 0 | 0 | 2 | |
| Popcorners - Kettle | 1 oz | 120 | 0 | 0 | 0 | 0 | 110 | 19 | 0 | 1 | 2 | |
| Popcorners - Salted | 1 oz | 120 | 4.5 | 0 | 0 | 0 | 190 | 20 | 0 | 0 | 2 | |
| Quakers popped rice | .67 oz | 90 | 3 | 0.5 | 0 | 0 | 260 | 13 | 1 | 1 | 1 | |

| Yogurt | | | | | | | | | | | | |
|--------------------|----------|-----|---|---|---|----|----|----|---|----|----|------------|
| MHealthy Nutrition | 6 oz. or | 150 | | 2 | | | | | | | | sweeteners |
| Dannon oikos greek | 5.3 oz. | 110 | 0 | 0 | 0 | <5 | 50 | 16 | 0 | 14 | 12 | |
| Dannon oikos greek | 5.3 oz. | 110 | 0 | 0 | 0 | <5 | 50 | 15 | 0 | 14 | 12 | |
| Dannon oikos greek | 5.3 oz. | 110 | 0 | 0 | 0 | <5 | 50 | 15 | 0 | 14 | 12 | |