



Nutrition

MHealthy Nutrition Guidelines

Food Category	Serving Size	Nutrient Limits	Special Notes or Exceptions
Appetizers	Per serving	<ul style="list-style-type: none"> • 5 grams or less total fat • 480 mg or less sodium 	
Beverages*	Per 8 ounce serving	<ul style="list-style-type: none"> • No added sugar or sugar containing ingredient is added during processing such as high fructose corn syrup • 1 gram or less saturated fat 	Total package size for juice must be 12 ounces or less. Natural product, no additives.
*No added vitamins or minerals are acceptable in beverages because individuals may consume more than the recommended daily intake. Consuming more than the recommended daily intake of certain vitamins and minerals through drinking multiple servings and/or taking vitamin or mineral supplements may cause serious side effects.			
Cereals/Bread Products	Per serving	<ul style="list-style-type: none"> • 5 grams or less total fat • 480 mg or less sodium • 1 gram or less saturated fat • 0 grams trans fat • 2.5 grams or more of dietary fiber 	
Snack Bars	Per serving	<ul style="list-style-type: none"> • 5 grams or less total fat • 480 mg or less sodium • 1 gram or less saturated fat • 0 grams trans fat • 2.5grams or more dietary fiber 	<p>Nut, seed, and nut/fruit bars have no total fat limits, but must have no more than 3 grams saturated fat and still meet sodium and trans fat limits as well as fiber minimum.</p> <p>Ingredients added to bars as nutrition supplements such as herbs, vitamins and minerals disqualify items from MHealthy approval.</p>
Chips, Pre-Packaged Snacks	Per serving	<ul style="list-style-type: none"> • 5 grams or less total fat • 480 mg or less sodium • 1 gram or less saturated fat • 0 grams trans fat 	<p>Nuts and seeds have no total fat limits, but must have no more than 3 grams saturated fat and still meet sodium and trans fat limits.</p> <p>Nut and seed mixtures (trail mix) have the same criteria as above plus have no added sugar.</p>
Desserts, Cookies, Frozen Novelties	Per serving	<ul style="list-style-type: none"> • 4 grams or less saturated fat • 300 calories or less 	Ingredients added to made to order smoothies as nutrition supplements such as herbs, vitamins and minerals disqualify items from MHealthy approval.

MHealthy Nutrition Guidelines, continued

Dairy and Dairy Alternatives	Per serving	<ul style="list-style-type: none"> • 3 grams or less total fat • 1 gram or less saturated fat • 21 grams or less sugar per 8 oz 	Milk alternatives such as soy milk must be calcium-fortified and vitamin D fortified.
Fruits	Per serving	<ul style="list-style-type: none"> • 0 grams total fat • No added sugar or sugar containing ingredient is added during processing such as high fructose corn syrup 	Fruits can be packaged or served in 100% fruit juice. Naturally occurring total fat of 3 grams or less is acceptable.
Main Dish, Sandwiches >=8oz	Per serving (at least 8 ounces)	<ul style="list-style-type: none"> • 20 grams or less total fat • 5 grams or less saturated fat • 1000 mg or less sodium • 500 calories or less 	
Main Dish, Sandwiches <8oz	Less than 8 ounces	<ul style="list-style-type: none"> • To use the related proportion of 8oz (for all guidelines) 	Ex: If item is 4oz, then the limits would be: <=10g total fat, <=2.5g saturated fat, <=500mg sodium, <=250 calories Includes pasta or potato salad 5oz<8oz & other salads 3.5oz<8oz
Animal & Plant Based Proteins	Per 3.5 ounces cooked	<ul style="list-style-type: none"> • 10 grams or less total fat • 4.5 grams or less saturated fat 	One serving must weigh no more than 6 ounces when cooked. Includes eggs Lunchmeats must have 240 mg sodium or less per ounce and still meet total fat and saturated fat criteria
Fish & Shellfish	Per 3.5 ounces, cooked	<ul style="list-style-type: none"> • 20 grams or less total fat • 4.5 grams or less saturated fat 	Item cannot be fried.
Pasta, Potatoes, Stuffing and Grains	Per serving	<ul style="list-style-type: none"> • 5 grams or less total fat • 480 mg or less sodium 	
Salad Dressings & Condiments	Per 2 Tablespoons (1oz)	<ul style="list-style-type: none"> • 10 grams or less total fat • 2 grams or less saturated fat • 320 mg or less sodium • 0 grams trans fat 	
Side Salads	Per FDA reference amount	<ul style="list-style-type: none"> • 5 grams or less total fat • 1 gram or less saturated fat • 480 mg or less sodium 	FDA reference amount for pasta or potato salad is 5 ounces (analyze <=5oz); all other salads are 3.5 ounces (analyze <=3.5oz).
Soups	Per 8 fluid ounces	<ul style="list-style-type: none"> • 5 grams or less total fat • 1 gram or less saturated fat • 600 mg or less sodium 	
Vegetables	Per serving	<ul style="list-style-type: none"> • 5 grams or less total fat • 1 gram or less saturated fat • 480 mg or less sodium 	

MHealthy Nutrition Guidelines were created by Registered Dietitians at the University of Michigan to help individuals improve their nutritional intake. They are used to identify healthier food choices throughout Dining, Vending, Catering, and Residential Halls at the University of Michigan.