

Menu Item	Serving Size	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
Main Dish & Sandwiches												
MHealthy Nutrition Guideline	Per 8 oz serving	500 cal or less	20 grams or less	5 grams or less			1000 mg or less					If less than 8 oz, use related proportion
Black Beans and Rice	5.2 oz	200	4.5	0	0	0	470	33	5	1	4	
Fresco Burrito Supreme- Steak	8.5 oz	350	9	3	0	20	990	50	7	4	17	
Fresco Chicken Soft Taco	3.9 oz	150	3.5	1	0	25	460	18	2	2	11	
Fresco Grilled Steak Soft Taco	4.3 oz	150	4	1.5	0	15	520	19	2	2	9	
Fresco Soft Taco	3.9 oz	170	7	2.5	0	20	500	20	3	2	8	
Gordita Supreme- Chicken	5.4 oz	270	11	1.5	0	25	470	30	1	5	15	
Gordita Supreme- Steak	5.4 oz	260	11	2	0	20	510	30	1	6	12	
Pasta, Potatoes, Stuffing and Grains												
MHealthy Nutrition Guideline	Per serving		5 grams or less				480 mg or less					
Premium Latin Rice	3 oz	120	3.5	0	0	0	200	20	1	0	2	

Animal & Plant Based Proteins

MHealthy Nutrition Guideline	Per 3.5 oz cooked		10 grams or less	4.5 grams or less			480 mg or less					
Black Beans	2.2 oz	80	1.5	0	0	0	200	12	5	1	4	

Salad Dressings/Condiments

MHealthy Nutrition Guideline	Per 2 Tbsp (1 oz)		10 grams or less	2 grams or less	0 grams		320 mg or less					
Border Sauce-Fire	1 oz	0	0	0	0	0	240	0	0	0	0	
Border Sauce-Hot	1 oz	0	0	0	0	0	180	0	0	0	0	
Border Sauce - Mild	1 oz	0	0	0	0	0	140	0	0	0	0	
Cilantro Dressing	1 oz	90	9	1.5	0	10	210	2	0	0	0	
Green Tomatillo Sauce	1 oz	10	0	0	0	0	105	2	0	1	0	
Guacamole	1 oz	47	4	0	0	0	140	3	1	0	0	
Pico de Gallo	1 oz	5	0	0	0	0	47	1	0	1	0	
Pizza Sauce	1 oz	10	0	0	0	0	80	2	0	1	0	
Red Sauce	1 oz	10	0	0	0	0	170	2	0	0	0	
Reduced Fat Sour Cream	1 oz	40	2.5	1	0	6	20	2.5	0	1	1	
Salsa	1 oz	5	0	0	0	0	107	1	0	1	0	
Salsa Verde	1 oz	20	0	0	0	0	229	1	0	0	0	

Desserts, Cookies, Frozen Novelties

MHealthy Nutrition Guideline	Per serving	300 calories or less		4 grams or less								
Churro	2 oz	190	8	1	0	15	130	28	1	5	2	
Cinnamon Twists	1.2 oz	170	7	0	0	0	200	26	1	10	1	

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