

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
<b>Animal and Plant-based Proteins</b>												
MHealthy Nutrition Guideline	per 3.5 ozw.		less than 10 grams	no more than 4.5 grams								
Black Bean Burger patty	3.3 ozw.	170	5	0.5	0	0	470	18	6	2	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	
Kosher: Dal Moong Wash (yellow lentils)	3 ozw.	170	7	0.5	0	0	190	22	5	1	5	
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	
<b><u>Omelet Bar</u></b>												
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	
<b><u>Zoca</u></b>												
Black Beans	3.23 oz	70	0	0	0	0	300	13	5	1	5	
Braised Chicken	4 ozw.	200	10	2.5	0	75	115	5	1	1	22	
Refried Beans	3.75 ozw	118	1.5	0.5	n/a	0	575	20	7	n/a	7	
<b><u>SALAD BAR</u></b>												
Kidney Beans	1 ozw	25	0	0	0	0	51	4	2	1	1	
Garbanzo Beans	1 ozw	20	0	0	0	0	39	4	1	0	1	

## 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
<b>Cereals and Bread Products</b>												
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	
Kashi Heart to Heart cereal	40 g	140	2	0	0	0	100	31	6	6	4	
Kashi Cereal - GO LEAN	45 g	130	1	0	0	0	75	26	9	5	12	
Kashi Cereal - GOLEAN Crunch	65 g	240	3.5	0	0	0	125	45	10	15	12	
Kashi Cereal - Heart to Heart Oat Flakes & Wildberry Clusters	54 g	200	2	0	0	0	135	43	4	12	6	
Frosted Mini-Wheats	1 pkg	250	0	0	0	0	0	60	8	14	7	
Smart Start Antioxidant	1 pkg	290	1	0	0	0	430	65	4	21	5	
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	

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
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	
Oatmeal	1 cup	150	2.5	0.5	n/a	0	10	25	4	1	6	
Raisin Bran Crunch	80 g	280	1.5	0	0	0	280	68	6	29	5	
Wheat & Oat with Honey bread	1 slice	110	1	0	0	0	150	21	3	4	4	
Wheat Lawash for Zoca and 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	

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*



## 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
<b>Chips, Pre-Packaged Snacks</b>												
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)
Baked Cheetos	0.875 oz	120	4.5	1	0	0	210	17	0	<1	2	
Baked Doritos	1 pkg.	170	5	1	0	0	320	29	2	2	3	
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	
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	
Planter's Smoked Almonds	1.5 oz	250	22	2	0	0	380	8	5	2	9	healthy fat exception
Planter's Sunflower Kernels*	1 oz.	170	15	2	0	0	150	5	3	0	6	healthy fat 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	160	15	1	2	1	
Pop Chips: Sour Cream and Onion Potato	.8 oz	100	3.5	0	0	0	160	16	1	2	1	
Quakers Apple Cinnamon Rice Snacks*	1.05 oz	120	0.5	0	0	0	100	27	1	8	1	

## 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
Quakers Caramel Rice Cakes*	1.1 oz	110	0.5	0	0	0	310	26	1	9	1	
Smartfood Delight Popcorn-Sea Salt	.625 oz.	90	4	2	0.5	0	70	11	3	0	2	
Wheat Thins*	1.1 oz	140	5	1	0	0	130	22	3	4	2	
*Contains more than one serving per package												

**Dairy and Dairy Alternatives**

			no more than 3 grams	no more than 1 gram								
MHealthy Nutrition Guideline	per 8 oz.											
Low Fat Cottage Cheese	1/2 cup	90	1	0.5	0	15	490	5	<1	4	13	
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	

**Desserts, Cookies, Frozen Novelties**

		300 calories or less		4 grams or less								
MHealthy Nutrition Guideline	per serving											
Apples & Caramel	5 ozw	140	0	0	0	0	40	35	3	27	1	
Power Bite	1 each	100	6	2.5	0	0	40	10	2	6	3	
Nonfat Frozen Yogurt	1 cup	180	0	0	0	0	190	42	0	40	8	
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	

## 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
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<b>Fruit</b>												
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	
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	
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	
<b>Salad bar</b>												
Raisins	0.5 ozw	40	0	0	0	0	0	11	1	8	0	
<b>Yogurt Parfait Bar</b>												
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	

University of Michigan Health System Cafe (University Hospital)

MHealthy Approved Menu Items

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**Healthy Fats**

<b>Salad bar</b>												
Sunflower Seeds	0.5 ozw	80	7	0.5	0	0	60	3	1	0	3	

**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					
Asian Pasta Salad	15 oz	373	1.5	0	0	0	490	77	7	22	13	
Chicken Caesar Salad	7 oz	234	11	3	0	35	780	25	2	3	18	
Chili Con Carne	8 ozv	234	9	3.5	n/a	39	341	23	5	n/a	17	
Egg White & Veggie & Cheese Omelet	8.46 oz	150	5	3	n/a	15	280	9	2	3	18	
Egg White & Veggie Omelet	7.96 oz	90	0	0	n/a	0	200	9	2	3	14	
Egg White, Whole Wheat burrito	13.9 ozw.	360	6	1.5	0	5	960	42	23	3	33	
Egg White Veggie Scrambler	13.2 oz	200	2.5	1.5	0	10	510	13	3	3	32	
Garden Salad w/ dressing	9.5 oz	380	27	4.5	0	15	800	31	6	10	7	
Michigan Salad	9 oz	430	23	5	0	15	870	47	6	34	10	

**Zoca**

Portobello Burrito	12.4 oz	210	3	1	0	<5	550	17	8	4	9	
Rojo Bean Burrito	12.6	350	3	1	0	<5	730	25	11	2	12	
Rojo Chicken Burrito	13.3	380	13	3.5	0	79	520	18	8	3	29	

**Sushi**

California Roll (Brown Rice)	9.5 oz	310	7	1	0	0	830	53	5	7	9	
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## 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
California Roll (Brown Rice) w/mayo sauce	9.5 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	
Vegetable Combo (Brown Rice)	9.5 oz	300	7	1	0	0	480	53	7	9	6	
Tofu, Noodles, Vegetables with Miso Broth	24 ozw	260	3	0.5	0	0	953	53	2.5	2	6	
Tuscan Salad	8.15 oz	277	17	3	0	0	620	27	3	22	4	
Tuscan Side Salad	5 oz	144	9	1.5	0	0	310	15	2	11	2	
Yogurt Parfait (Del Monte)	6.5 oz	240	2.5	1	0	10	210	51	3	31	7	
<b>Pasta, Potatoes, Stuffing and Grains</b>												
MHealthy Nutrition Guideline	per serving		5 grams or less				480 mg or less					
white pasta (salad bar)	1/2 cup	110	0.5	0	0	0	0	22	1	0	4	
<b>Red Cactus</b>												
Cilantro Rice-Brown	1/2 cup	60	1	0	n/a	0	75	13	1	0	2	
Cilantro Lime Rice	1/2 cup	120	0.5	0	n/a	0	40	24	1	0	3	



## University of Michigan Health System Cafe (University Hospital)

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<b>Salad Dressings/Condiments</b>												
MHealthy Nutrition Guideline	per 2 Tbsp. (1 oz)		10 grams or less	2 gram or less			320 mg or less					
Balsamic Vinegar	1 oz	25	0	0	0	0	5	5	0	4	0	
Balsamic Vinaigrette Dressing	2 Tbsp	60	5	0.5	0	0	190	4	0	4	0	
Creamy Avocado Mayo	1 ozv	80	7	1	n/a	4	170	5	0.5	1	0	
Creamy Horseradish Mayo	1 ozv	90	8	2	n/a	9	140	5	0	2	0	
Fat Free Raspberry Vinaigrette	2 Tbsp	35	0	0	0	0	80	8	0	7	0	
Hummus	2 Tbsp	70	4	0.5	0	0	160	8	2	1	3	
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	
Lite Ranch	2 Tbsp	100	10	1.5	0	10	270	1	0	1	1	
Signature Sauce	1 ozv	90	6	1	n/a	5	250	8	0	4	0	
<b>Zoca</b>												
Pico de gallo (also for grill)	1.5 oz	10	0	0	0	0	25	2	0	n/a	0	
Salsa Rojo	1 oz	10	0	0	0	0	170	2	0	1	0	
Corn & Pepper Salsa	1.8 oz	30	1	0	0	0	190	5	<1	1	<1	
Salsa Ranch	1 ozv	63	6	1	0	4	180	2	0	n/a	0	
Guacamole	2 oz	80	7	1	0	0	10	5	3	1	1	

## University of Michigan Health System Cafe (University Hospital)

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<b>Sandwiches</b>												
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					
Black Bean Burger Patty (grill)	3.4 ozw	300	4	0.5	n/a	0	790	52	8	n/a	15	
Chicken Breast Club Wrap	8.3 oz	381	13	2.5	0	30	960	49	6	4	18	
Chicken Caesar Wrap	8.5 oz	444	17	4	n/a	40	1000	55	6	n/a	18	
Chipotle Chicken Wrap	8 oz	344	11	2.5	0	65	940	36	3	4	27	
Deli Ham Combo - half	8.48 oz	221	4.5	0	0	15	510	38	7	10	11	
Deli Italian Combo - half	8.15 oz	204	4	1.5	0	20	540	35	4	7	10	
Deli Turkey Combo - half	8.24 oz	207	2.5	0	0	20	500	37	7	10	12	
Deli Chicken SW	8.4 oz	327	6	2	0	25	980	50	6	8	18	
Deli Ham SW	8 oz	367	8	0	0	25	840	60	9	14	21	
Deli Italian SW	8.2	356	8	3	0	35	900	57	3	7	18	
Deli Turkey & Swiss SW	9 oz	433	11	4	0	55	860	61	9	14	28	
Egg white, whole wheat burrito	13.7 oz	360	6	1.5	0	5	960	42	23	3	33	
Kosher: Baingan Alu Wrap	10.5 ozw	280	8	0.5	0	0	430	47	10	6	7	
Marinated Chicken Breast (grill)	7.5 ozw	340	12	2.5	n/a	70	680	26	2	n/a	30	
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	
Supreme Asiago Ham & Swiss	6.5 oz	306	12	3.5	n/a	35	860	32	2	n/a	21	
Tuna Salad SW	5.8 oz	360	9	1.5	0	10	540	46	4	4	20	

## University of Michigan Health System Cafe (University Hospital)

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<b>Side Salads</b>												
MHealthy Nutrition Guideline			5 grams or less	1 gram or less			480 mg or less					
Low fat cottage cheese	1/2 cup	90	1.5	1	0	15	480	6	0	4	14	
Potato Salad	3.5 oz.	110	3	0.5	n/a	2	150	18	2	n/a	2	
<b>Snack Bars</b>												
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)
Kashi TLC Chewy bar-Trail Mix	1.2 oz	140	5	0.5	0	0	105	20	4	6	6	
KIND bar - Fruit & Nut Delight	1	180	11	1.5	0	0	15	20	4	11	5	
Lara Bar-Apple Pie	1	190	10	1	0	0	10	24	5	18	4	
Lara Bar-Blueberry Muffin	1	190	8	1.5	0	0	5	26	3	17	4	
Lara Bar-Cherry Pie	1	200	8	0.5	0	0	0	30	4	23	5	
Lara Bar Uber-Apple Turnover	1	190	11	1	0	0	125	20	3	15	3	
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	40	28	3	20	5	
Pure: Wild Blueberry	1	190	8	0.5	0	0	5	27	3	19	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
<b>Soup</b>												
MHealthy Nutrition Guideline	based on 8 oz volume		5 grams or less	1 gram or less			600 mg or less					
Beef Noodle	8 ozv	80	2	0.5	n/a	16.5	67	11	1.5	n/a	6	
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	125	3	0.5	n/a	0	247	2.5	2.5	n/a	2	
Caribbean Jerk Chicken	8 ozv	151	5	1	n/a	26	341	20	3.5	n/a	8.5	
Chicken Chili Verde	8 ozv	191	3	1	n/a	50	169	18	3.5	2	23	
Chicken Chipotle Tortilla	8 ozv	130	4	1	n/a	20	410	16	3	2	8	
Chicken and White Rice	8 ozv	110	4	1	n/a	19	260	10	1	n/a	7	
Chicken Florentine	8 ozv	98	3	0.5	n/a	22	271	11	1.5	n/a	7	
Chicken Vegetable Ditalini	8 ozv	119	4	1	n/a	19	313	13	2	n/a	9	
Chicken Vegetable Noodle	8 ozv	126	5	1	n/a	27	301	13	1.5	n/a	8	
Fiesta Bean	8 ozv	124	2	0.5	n/a	0	453	23	6	n/a	6	
Lentil Potato Herb Soup	8 ozv	89	2	0.5	n/a	0	277	15	3.5	n/a	4	
Lentil Tomato Garam Masala Soup	8 ozv	97	3.5	0.5	n/a	0	271	14	4.5	n/a	4.5	
Mushroom Barley	8 ozv	110	4	1	n/a	13	297	13	2	n/a	6.5	
Tomato Soup	8 ozv	86	2	0.5	n/a	0	257	16	2	n/a	2	
Vegetable Barley Pinto Bean Soup	8 ozv	116	2.5	0.5	n/a	0	310	21	4.5	n/a	4	
Vegetable Barley Soup	8 ozv	83	3	0.5	n/a	0	311	13	2	2	2	

## 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
<b>Vegetables</b>												
MHealthy Nutrition Guideline	Per Serving		5 grams or less	no more than 1 gram			480 mg or less					
Portobello Mushrooms (Zoca)	3 ozw	25	0	0	0	0	150	5	1	2	2	
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	
<b>Salad Bar/Breakfast Bar/Zoca/Grill</b>												
Banana Peppers	1 ozw	5	0	0	0	0	480	1	0	0	0	
Beets	1 ozw	10	0	0	0	0	20	3	1	2	0	
Bell Peppers	1 ozw	5	0	0	0	0	0	1	0	1	0	
Broccoli	1 ozw	10	0	0	0	0	10	1	1	0	1	
Carrots	1 ozw	10	0	0	0	0	20	3	1	1	0	
Cauliflower	1 ozw	5	0	0	0	0	10	1	1	1	1	
Celery	1 ozw	5	0	0	0	0	25	1	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	1ow	10	0	0	0	0	470	1	1	1	0	
Lettuce, Iceberg	1 ozw	5	0	0	0	0	0	1	0	1	0	
Mixed/Spring Greens	1 ozw	5	0	0	0	0	5	1	1	0	0	
Mushrooms	1 ozw	5	0	0	0	0	0	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	