

UM Dearborn Bookstore MHealthy Items July 2019

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			5 grams or less	10% or less	0		480 mg or less			10% or less added		nut/seed no total or sat. fat. Limit; must meet sodium & added sugar limits
Baked Lays Original (Larger size)	1 oz.	120	3.5	0	0	0	160	22	1	2	2	2 g added sugar
Blue Diamond Almonds-whole natural	1.5 oz	240	21	2	0	0	0	9	4	2	9	
Blue Diamond Almonds-Smokehouse	1.5 oz	255	24	2	0	0	225	8	4	2	9	
Blue Diamond Almonds-Wasabi	1.5 oz	260	23	2	0	0	170	9	4	2	9	
Chex Mix-Traditional	1/2 cup	120	3.5	0.5	0	0	220	22	1	2	2	2 g added sugar
Chex Mix-Hot 'n Spicy	1/2 cup	120	3.5	0.5	0	0	170	21	1	2	2	
Chex Mix-Honey BBQ	1/2 cup	130	4	0.5	0	0	200	22	1	3	2	3 g added sugar
Chex Mix-Jalapeno Cheddar	1/2 cup	120	4	1	0	0	270	21	1	2	2	
Chex Mix-Bold	1/2 cup	120	3.5	0.5	0	0	210	22	1	2	2	2 g added sugar
Chex Mix-Cheddar	1/2 cup	130	3.5	0.5	0	0	230	22	1	3	2	3 g added sugar
Jicama Chips-Chili Lime	.9 oz.	100	1.5	0	0	0	105	21	5	7	2	1 g added sugar
Peeled Snacks-Organic Mango	1/2 cup	130	0	0	0	0	0	29	2	21	2	no added sugar
Planter's Salted Cashews	1 oz.	160	13	2.5	0	0	100	9	<1	2	5	
Planter's Dry Roasted Peanuts	1 oz.	160	14	2	0	0	150	5	2	2	7	
Planter's Salted Peanuts	1 oz.	170	14	2	0	0	95	5	2	1	7	
Planter's Honey Roasted Peanuts	1 oz.	160	13	1.5	0	0	85	7	2	3	7	
Popcorners Kettle Corn Popped-corn snack	1 oz.	120	4	0	0	0	115	20	0	3	1	
Rhythm Organic Carrot Sticks-Naked	1.4 oz.	140	1.5	0	0	0	115	29	11	6	3	0 g added sugar; carrots only
Rold Gold Pretzels, Tiny Twists	1 oz.	110	1	0	0	0	450	23	1	1	2	

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Snyder's Sourdough Nibblers	1.05 oz.	120	0	0	0	0	200	25	<1	<1	3	
Sunshine Cheez-it Snack Mix-Classic	1.05 oz.	130	5	1	0	0	370	20	<1	<1	3	
Valued Naturals-Almonds, Whole Raw	1 oz.	160	14	1	0	0	0	6	3	1	6	
Valued Naturals-Roasted, Salted, Corn Nuts	1 oz.	130	4.5	1	0	0	250	20	1	0	2	
Valued Naturals-Spanish Style Snack Mix	1.05 oz.	210	13	3	0	0	100	15	4	1	7	
Valued Naturals-Survival Snack Mix	1.05 oz.	220	6	1	0	0	55	23	6	6	7	currants, cranberries, apricots, raisins, cherries
Wonderful Pistachios in shell, roasted, salted	1 oz.	150	13	1.5	0	0	135	8	3	2	6	

**Snack Bars**

MHealthy Nutrition Guideline		250 or less											1st 2 ingredients must be nuts, seeds, whole fruit or whole grains
Clif bar-Nut Butter Filled, Chocolate Peanut Butter	1 bar	230	11	2.5	0	0	150	26	3	9	7		peanut butter, rolled oats
Clif bar-Nut Butter Filled, Chocolate Hazelnut Butter	1 bar	230	11	2	0	0	160	27	3	10	6		nut butter blend, oat flour
Kind Bar-Dark Chocolate Almond Mint	1 bar	200	15	3.5	0	0	15	17	7	5	5		almonds, cashews
Nakd-Peanut Delight	1 bar	150	8	1	0	0	80	16	3	12	5		dates, peanuts
Nakd-Berry Delight	1 bar	130	5	1	0	0	5	19	3	15	3		dates, cashews

**Daily Soup**

MHealthy Nutrition Guideline	8 ozv			10% or less calories			no more than 600 mg sodium						
Dr. McDougall's Vegan Split Pea Soup	2.5 oz. dry	250	1	0	0	0	540	46	16	6	15		

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Dr. McDougall's Black Bean & Rice lower sodium soup	1.6 oz. dry	160	0.5	0	0	0	330	31	9	2	7	
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