

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
Beverages												
MHealthy Nutrition Guideline	juice-12 oz. or less soda-20 oz. or less			1 gram or less								no added sugar, herbs, vitamins, minerals, fiber or "enhanced" caffeine
Aquafina FlavorSplash-Wildberry	20 oz	0	0	0	0	0	162	0	0	0	0	
Diet Coke	20	3	0	0	0	0	70	0.3	0	0.3	0	
Diet Coke Caffeine Free	20	3	0	0	0	0	70	0.3	0	0.3	0	
Diet Mountain Dew	20	0	0	0	0	0	88	0	0	0	0	
Diet Pepsi	20	0	0	0	0	0	63	0	0	0	0	
Diet Pepsi Caffeine Free	20	0	0	0	0	0	62	0	0	0	0	
Lipton Diet Green Tea with Citrus	20 oz	0	0	0	0	0	150	0	0	0	0	
Lipton Diet White Tea with Raspberry	20 oz	0	0	0	0	0	150	0	0	0	0	
Pure Leaf Iced Tea - Unsweetened	16oz	0	0	0	0	0	0	0	0	0	0	
Skim Milk	8 oz	80	0	0	0	<5	110	11	0	11	8	
Tropicana 100% juice - Apple	10oz	140	0	0	0	0	15	34	0	31	1	
Tropicana 100% juice - Orange	10oz	140	0	0	0	0	20	33	0	28	2	
Tropicana 100% juice - Ruby Red Grapefruit	10oz	170	0	0	0	0	20	42	0	37	0	
V8	12oz	75	0	0	0	0	720	15	3	12	3	

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Main Dish												
MHealthy Nutrition Guideline	at least 6 ounces		no more than 12 grams	no more than 5 grams			no more than 1200 mg					healthy fat exception (up to 20 grams total fat)
Allergaroo Spaghetti	8 oz	220	3	0	0	0	510	49	3	9	3	
Allergaroo Chili Mac	8 oz	240	3.5	0.5	0	0	700	50	3	8	5	
Chicken Caesar Salad w/Fat Free Dressing	10.75 oz	333	9	2	n/a	74	581	32	6	n/a	31	
California Roll	6.1oz	215	6.7	1.4	n/a	5	96	n/a	n/a	n/a	n/a	
Philadelphia Roll	6.1oz	255	1.4	n/a	n/a	21	320	n/a	n/a	n/a	n/a	
Spicy Roll	6.1oz	215	5.3	1.4	n/a	13	256	n/a	n/a	n/a	n/a	
Tuna Roll	6.5oz	175	1.3	0	n/a	7	182	n/a	n/a	n/a	n/a	
Hummus with Veggies	8.75oz	306	10	1.3	n/a	0	654	45	7	n/a	10	
Southwest Salad w/Grilled Turkey	12 oz	312	7	2	n/a	57	401	35	5.5	n/a	28	
Thai Chicken Salad	15.25oz	440	6	1.5	n/a	69	480	59	9	n/a	36	

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<u>Chips, Snacks, Cookies, Snack Bars and Frozen Novelties</u>												
MHealthy Nutrition Guideline			no more than 5 grams	no more than 1 gram	0 grams		no more than 480 mg					healthy fat exception (up to 3 grams saturated fat)
Baked Doritos	1 pkg.	140	3.5	0.5	0	0	240	24	2	3	2	
Baked Lays	1 pkg.	130	1.5	0	0	0	170	26	2	2	2	
Chex Mix*	26 g	110	3	0.5	0	0	240	19	<1	2	2	
David's Sunflower Seeds (without seeds)*	30 g	190	15	1.5	0	0	135	5	4	0.9	9	healthy fat exception
Germack Pistachio Trail Mix*	1 oz	110	5	1.5	0	0	0	18	2	14	2	healthy fat exception
Glutino Gluten Free Organic Bars - chocolate & peanuts	1	110	3	0.5	0	0	50	19	1	8	2	
Glutino Gluten Free Organic Bars - chocolate & banana	1	100	1.5	0	0	0	35	21	1	9	1	
Glutino Gluten Free Organic Bars - wildberry	1	100	1	0	0	0	65	21	1	8	1	
Kar's Nuts - Original Trail Mix (Unsalted)	2 oz	270	19	2	0	0	0	23	4	13	0	healthy fat exception
Kar's Nuts - PB&J Mix	1.5 oz	210	13	2	0	0	90	19	3	15	6	healthy fat exception
Kar's Nuts - Salted Almonds	1 oz	170	16	1	0	0	95	5	3		6	healthy fat exception
Kar's Nuts - Sunflower Kernels (Peanut-Free)	1 oz	170	15	2	0	0	44	5	2	0	6	healthy fat exception
Kar's Nuts Salted Cashews	1 oz	160	14	2.5	0	0	80	9	1	1	5	healthy fat exception

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<u>Chips, Snacks, Cookies, Snack Bars and Frozen Novelties</u>												
MHealthy Nutrition Guideline			no more than 5 grams	no more than 1 gram	0 grams		no more than 480 mg					healthy fat exception (up to 3 grams saturated fat)
Kar's Strawberry, PB &J	1.5 oz	210	13	2	0	0	90	19	3	15	6	healthy fat exception
Kar's Yogurt, Apple, Nut Mix*	1 oz	150	10	2.5	0	0	90	13	2	5	3	healthy fat exception
Kashi TLC Chewy bar	1.2 oz	140	5	0.5	0	0	105	20	4	6	6	
Nutri-grain Cereal bar-Apple Cinnamon	1.3 oz	130	3	0.5	0	0	105	24	2	12	2	
Nutri-grain cereal bar-Blueberry	1.3 oz	140	3	0.5	0	0	105	26	1	13	1	
Nutri-grain Cereal bar-Raspberry	1.3 oz	140	3	0.5	0	0	105	26	1	13	1	
Nutri-Grain Cereal bar: Strawberry	1.3 oz	130	3	0.5	0	0	120	24	2	12	2	
Nutri-Grain Cereal bar: Strawberry Yogurt	1.3 oz	140	3.5	0.5	0	0	110	25	2	13	2	
Planter's Smoked Almonds	1.5 oz	250	22	2	0	0	370	8	5	2	9	healthy fat exception
Planter's Sunflower Kernels*	1 oz	170	15	2	0	0	150	5	3	<1	6	healthy fat exception
Fat Free Ranch Dressing (served with carrots & celery)	30 g	30	0	0	0	0	390	8	<1	3	0	
*Contains more than one serving per package												

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Meat and Meat Alternatives												
MHealthy Nutrition Guideline	per 3.5 ounces		less than 10 grams	no more than 4.5 grams		less than 95 mg						
DELI												
Chicken Salad	3.5 oz	191	9.5	1.5	n/a	57	334	6	0.5	n/a	19	
Ham Smoked Slice	3.5oz	105	3	1	0	52	1312	4	0	4	18	
Beef Roast Deli Faced	3.5oz	140	7	4	0	52	438	2	0	2	18	
Beef Corned Flat Deli-faced	3.5oz	122	6	2.5	0	35	788	2	0	0	16	
Turkey Breast	3.5oz	105	3	0	0	44	1225	5	0	0	18	
Salad Dressings												
MHealthy Nutrition Guideline			3 grams or less	1 gram or less								
Ken's Fat Free Ranch	1.5 oz. pkt.	40	0	0	0	0	550	11	1	4	0	
Ken's Fat Free Raspberry Vinaigrette	1 oz.	35	0	0	0	0	80	8	0	7	0	
Ken's Fat Free Italian	1.5 oz. pkt.	20	0	0	0	0	700	5	1	3	0	

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Sandwiches												
MHealthy Nutrition Guideline	no more than 12 ounces		12 grams or less	no more than 5 grams			no more than 1200 mg					healthy fat exception (up to 20 grams total fat)
BBQ Onion Fried Chicken	8.25 oz	530	8	3	n/a	45	950	57	3	n/a	24	
Baja Tuna Ciabatta	7.75 oz	300	4	1	n/a	15	776	49	4	n/a	18	
Black Bean Burger (grill)	1	357	5	0.5	0	0	905	n/a	n/a	n/a	n/a	
Breakfast SW: Hot Pepper Jack	5.25 oz	232	7	3.5	n/a	20	591					
Breakfast SW: Turkey & Cheddar	5.25 oz	251	8	3.5	n/a	24	522	31	3.5	n/a	15	
Breakfast SW: Turkey & Swiss	5.25 oz	240	7	3	n/a	25	523	29	3.5	n/a	16	
Buffalo Chicken	10.75	550	11	2.5	n/a	45	960	57	3	n/a	25	
Cajun Chicken	7.75	380	8	1.5	n/a	70	630	41	2	n/a	33	
California Turkey	7.75 oz	311	5	1	n/a	25	984	44	8	n/a	23	
Chicken & Grilled Pineapple	10 oz	452	8	1.5	n/a	69	604	65	3.5	n/a	33	
Chunky Chicken Salad	7 oz	230	3	1	n/a	23	565	35	5.5	n/a	14	
Turkey and Cranberry Ciabatta	9.25 oz	328	3	1	n/a	38	580	61	3	23		
Grilled Chicken Breast Supreme	9 oz	390	7	1.5	n/a	70	640	47	7	n/a	35	
Marinated Chicken Breast (grill)	1	336	12	2.5	n/a	69	678	26	1.5	n/a	30	
Mini BBQ Turkey	5 oz	277	8	3.5	n/a	35	939	n/a	n/a	n/a	n/a	
Mini Chicken Bacon	1	219	6	3	0	n/a	490	28	2	n/a	12	
Mini Chicken Salad	3.5 oz	212	4	1	n/a	13	404	31	1.5	n/a	12	

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Sandwiches												
MHealthy Nutrition Guideline	no more than 12 ounces		12 grams or less	no more than 5 grams			no more than 1200 mg					healthy fat exception (up to 20 grams total fat)
Mini Ham Apple Honey Mustard	4.5 oz	256	7	3.5	n/a	24	697	n/a	n/a	n/a	n/a	
Mini Mediterranean Roast Beef	4.5 oz	229	5	2	n/a	19	760	n/a	n/a	n/a	n/a	
Mini Orange Thyme Chicken	1	226	3	1	0	n/a	383	39	2	n/a	11	
Mini Orange Thyme Turkey	4.75 oz	233	2	0.5	n/a	19	781	n/a	n/a	n/a	n/a	
Mini Peppered Chicken Chutney	2.75 oz	218	2	0.5	n/a	10	392	40	2	n/a	10	
Mini Peppered Turkey Chutney	3.5 oz	231	2	0.5	n/a	19	743	n/a	n/a	n/a	n/a	
Mini Roast Beef & Brie	4 oz	250	7	4	n/a	33	703	n/a	n/a	n/a	n/a	
Mini Turkey Bacon	4.5 oz	224	5	2.5	n/a	29	890	n/a	n/a	n/a	n/a	
Orange Horseradish Turkey Ciabatta	9.5 oz	362	6	1	n/a	38	1163	61	2	n/a	17	
Salmon Burger (grill)	1	360	14	1.5	n/a	35	600	27	0	n/a	31	healthy fat exception
Salsa Turkey	9.5 oz	273	6	3	n/a	46	519	42	2	n/a	22	
Southwest Turkey Fajita	8.25 oz	262	3	0.5	n/a	25	1003	n/a	n/a	n/a	n/a	
Trim Chili Chicken Breast	1	442	6	1	0	67.6	1037	59	3.5	n/a	34	
Trim Greek Chicken Breast	1	391	7	1.5	0	68.5	524	47	7	n/a	36	
Tuna & Apple	7.75 oz	314	6	2	n/a	33	711	n/a	n/a	n/a	n/a	
Tuna Apple Lavash	9.75 oz	363	5	2	n/a	37	586	54	4	n/a	27	

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<u>Sandwiches</u>												
MHealthy Nutrition Guideline	no more than 12 ounces		12 grams or less	no more than 5 grams			no more than 1200 mg					healthy fat exception (up to 20 grams total fat)
Turkey Burger on Ciabatta	6.8 oz	310	11	2.5	0	95	790	18	1	0	36	
Turkey & Grilled Pineapple	9 oz	347	3	0.5	n/a	25	1071	n/a	n/a	n/a	n/a	
Veggie Panini	1	427	12	2	0	n/a	993	69	6	n/a	12	
<u>Cereals and Bread Products</u>												
MHealthy Nutrition Guideline			3 grams or less	1 gram or less	0 grams				at least 2.5 grams			healthy fat exception (no more than 5 grams total fat)
Barry's Sunny Grain Bagel	1	280	4	n/a	n/a	0	380	53	3	2	11	sunflower kernals & sesame seeds
Honey Cracked Wheat Bread	1 slice	125	1.5	0	0	0	240	24	3	3	3	
Stone Ground Whole Wheat Bread	1 slice	110	1	0.3	0	0	210	21	3	2	4	
12 Grain Bread	1 slice	120	2	0.3	0	0	160	21	3	3	4	
Oatmeal	3/4 cup	119	2	0.5	n/a	0	1	21	3	n/a	5	

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Side Salads												
MHealthy Nutrition Guideline			3 grams or less	1 gram or less								
Apple Raisin Slaw	1/2 cup	80	2	0	n/a	2	40	15	2	n/a	2	
Asian Noodle Salad	1/2 cup	60	1	0	n/a	0	170	13	1	n/a	2	
Asian Slaw	2.75 oz	60	0	0	n/a	0	290	13	1	n/a	1	
Asparagus Salad	1/2 cup	35	3	0	n/a	0	70	3	1	n/a	2	
Bali Style Fruit Salad	1/2 cup	45	0	0	n/a	0	90	11	2	n/a	1	
Barley, Cucumber, Tomato Salad	3 1/4 oz	45	2	0	n/a	0	240	7	2	n/a	1	
Carrot, Olive, Orange Salad	1/2 cup	60	3	0	n/a	1	210	9	3	n/a	1	
Cumin Lime Veg Salad	1/2 cup	70	2	0	n/a	0	140	13	2	n/a	1	
Fresh Fruit Cup	1/2 cup	80	0	0	n/a	0	0	20	2	n/a	1	
Gazpacho Salad	1/2 cup	45	1	0	n/a	0	135	7	2	n/a	1	
Marinated Cucumber Salad	4 oz	20	0	0	n/a	0	0	4	1	n/a	1	
Marinated Grilled Vegetable Salad	3 oz	40	2	0	n/a	0	105	6	2	n/a	1	
Melon Fruit Cup	4 oz	45	0	0	n/a	0	10	12	1	n/a	1	
Mexican Black Bean	1/2 cup	150	2	0	n/a	0	75	27	7	n/a	9	
Mexican Chopped Salad	1/2 cup	45	2	0	n/a	0	50	7	2	n/a	1	
Mississippi Slaw	1/2 cup	30	3	0	n/a	0	20	2	1	n/a	0	
Mushroom and Spinach Salad	1/2 cup	15	0	0	n/a	0	25	2	1	n/a	1	
Red Beet & Citrus Salad	1/2 cup	30	0	0	n/a	2	15	7	1	n/a	1	
Three-Bean Salad	2 oz	60	3	0	n/a	0	240	8	2	n/a	2	
Tossed Green Salad	2 oz	10	0	0	n/a	0	5	2	1	n/a	1	
Trinidad Pineapple	1/2 cup	50	3	1	n/a	0	80	6	1	n/a	1	
Waldorf Salad	1/2 cup	50	1	1	n/a	0	25	11	1	n/a	1	

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Soup												
MHealthy Nutrition Guideline	8.75 ozv		5 grams or less				no more than 600 mg sodium					
Beef Noodle Soup	8.75ozv	123	3	1	n/a	33.4	193	12	1	n/a	12	
Black Bean Soup	8.75ozv	161	1	0	n/a	3	190	29	4	n/a	9	
Chicken Noodle Soup	8.75ozv	95	2	0.5	n/a	25	200	11	1	n/a	8	
Farm Fresh Veggie Beef Soup	8.75ozv	119	4	1	n/a	24	345	10	1.5	n/a	11	
Fiesta Bean Chili	8.75ozv	197	2	0	n/a	0	430	39	11	n/a	9	
Ginger Carrot Soup	8ozv	105	2	0	n/a	1	93	17	2	n/a	5	
Hearty Vegetable Rice Soup	8.75ozv	88	2	0	n/a	0	298	18	2	n/a	2	
Lentil Soup	8.75ozv	180	3	0.5	n/a	0	472	30	12	n/a	10	
Potato Leek Soup	8.75ozv	175	3	0	n/a	0	408	16	1.5	n/a	2	
Tuscan Vegetable Soup	8.75ozv	105	2	0.5	n/a	0	397	20	3	n/a	2	

MHealthy/GOOD CHOICE identifies items that assist in controlling the intake of total fat, saturated fat, trans fat, cholesterol, sodium and added sugar while increasing the amount of dietary fiber. MHealthy Nutrition Guidelines vary by food category. For more information about MHealthy, visit www.mhealthy.umich.edu.

Nutrition information for some MHealthy/GOOD CHOICE 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