

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
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	
Cereals/Bread Products												
MHealthy Nutrition Guideline			3 grams or less	1 gram or less	0 grams				at least 2.5 grams			healthy fat exception (up to 3 grams saturated fat)
Oatmeal	3/4 cup	119	2	0.5	n/a	0	1	21	3	n/a	5	
Fruit												
MHealthy Nutrition Guideline	per serving		0 grams									no added sugar during processing
Fresh Fruit Tray/Fresh Fruit Salad	3 oz	40	0	0	0	0	9	10	1	n/a	1	

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<u>Chips, Snacks, Cookies, Snack Bars and Frozen Novelties</u>												
MHealthy Nutrition Guideline			5 grams or less	1 gram or less	0 grams		480 mg or less					healthy fat exception (up to 3 grams saturated fat)
Nature Valley Chewy Granola bars-Oatmeal Raisin	1 bar	110	2	0	0	0	55	21	1	9	2	
Nature Valley Chewy Granola bars-Chocolate Chip	1 bar	110	2.5	0.5	0	0	50	21	1	7	2	
Chex Mix	0.5 cup	110	3	0.5	0	0	240	19	0.5	2	2	
<u>Dessert</u>												
MHealthy Nutrition Guideline	per serving			less than 4 grams								
Crisps, tortilla, cinnamon	12 each	235	5	1	n/a	0	407	42	2.5	n/a	5	
<u>Main Dish</u>												
MHealthy Nutrition Guideline	at least 6 ounces		12 grams or less	5 grams or less			1200 mg or less					healthy fat exception (up to 20 grams total fat)
Parfait, Winter	11oz	325	3	1	n/a	5	137	69	4	n/a	8	
Salad, Garden, Chicken	9.75 oz	198	11	2	n/a	35	568	11	3.5	n/a	15	
Chicken Marsala	1 each	272	11	3.5	n/a	78	383	10	1	n/a	28	

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Meat and Meat Alternatives												
MHealthy Nutrition Guideline	per 3.5 ounces		less than 10 grams	4.5 grams or less		less than 95 mg						
Taos Refried Beans	3.75oz	92	1	0	n/a	0	443	16	5.5	n/a	6	
Chicken Broccolini and gremolada-chilled	1 each	140	5	1	n/a	46	159	5	2	n/a	18	
Orange glazed chicken w/spinach chilled	1 each	69	2	0.5	n/a	23	268	4	1	n/a	10	
Pasta, Potatoes, Stuffing and Grains												
MHealthy Nutrition Guideline			5 grams or less									
Mexirice	0.5 cup	109	0	0	n/a	0	245	23	0.5	n/a	2	
Greek Penne Salad	0.5 cup	92	4	1	n/a	3	193	13	1.5	n/a	3	

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<u>Salad Dressings</u>												
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	
<u>Sandwiches</u>												
MHealthy Nutrition Guideline	no more than 12 ounces		12 grams or less	5 grams or less			1200 mg or less					healthy fat exception (up to 20 grams total fat)
Breakfast Bar Wrap (w/Egg Beaters)	1 wrap	275	8	3	n/a	8	711	35	3	4	14	
Ciabatta, Turkey, Fajita	8.25 oz	303	3	1	n/a	38	1130	44	2.5	n/a	18	
Atrium Garden Fresh Ham Sandwich	8.8 oz	320	6	1.5	0	25	590	46	7	7	19	
Atrium Garden Fresh Turkey Breast Sandwich	9.3 oz	300	4	0.5	0	25	580	47	7	8	23	

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Seafood												
MHealthy Nutrition Guideline	per 3.5 oz.		20 grams or less	4.5 grams or less								cannot be fried
Teriyaki Salmon w/sweet chili cucumbers	4oz	112	6	1	n/a	29	216	3	0	n/a	11	
Vegetables												
MHealthy Nutrition Guideline	per serving		3 grams or less	1 gram or less								
Roasted Broccoli w/garlic and lemon	1.5oz	32	2	0.5	n/a	0	86	3	1	n/a	1	
Szechuan green beans	0.5 cup	72	3	0	n/a	0	262	11	3.5	n/a	2	
Side Salad												
MHealthy Nutrition Guideline	per serving		3 grams or less	1 gram or less								no added sugar during processing
Cottage Cheese Cup	7oz	75	1	0.5	n/a	4	374	5	0.5	n/a	12	

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