



# Nutrition

## MHealthy Nutrition Guidelines

Food Category	Serving Size	Nutrient Limits	Special Notes or Exceptions
<b>Appetizers</b>	Per serving	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 480 mg or less sodium</li> </ul>	
<b>Beverages*</b>	Per 8 ounce serving	<ul style="list-style-type: none"> <li>• No added sugar or sugar containing ingredient is added during processing such as high fructose corn syrup</li> <li>• 1 gram or less saturated fat</li> </ul>	Total package size for juice must be 12 ounces or less. Natural product, no additives.
<p>*No added vitamins or minerals are acceptable in beverages because individuals may consume more than the recommended daily intake. Consuming more than the recommended daily intake of certain vitamins and minerals through drinking multiple servings and/or taking vitamin or mineral supplements may cause serious side effects.</p>			
<b>Cereals/Bread Products</b>	Per serving	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 480 mg or less sodium</li> <li>• 1 gram or less saturated fat</li> <li>• 0 grams trans fat</li> <li>• 2.5 grams or more of dietary fiber</li> </ul>	
<b>Snack Bars</b>	Per serving	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 480 mg or less sodium</li> <li>• 1 gram or less saturated fat</li> <li>• 0 grams trans fat</li> <li>• 2.5grams or more dietary fiber</li> </ul>	Nut, seed, and nut/fruit bars have no total fat limits, but must have no more than 3 grams saturated fat and still meet sodium and trans fat limits as well as fiber minimum.
<b>Chips, Pre-Packaged Snacks</b>	Per serving	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 480 mg or less sodium</li> <li>• 1 gram or less saturated fat</li> <li>• 0 grams trans fat</li> </ul>	<p>Nuts and seeds have no total fat limits, but must have no more than 3 grams saturated fat and still meet sodium and trans fat limits.</p> <p>Nut and seed mixtures (trail mix) have the same criteria as above plus have no added sugar.</p>
<b>Desserts, Cookies, Frozen Novelties</b>	Per serving	<ul style="list-style-type: none"> <li>• 4 grams or less saturated fat</li> <li>• 300 calories or less</li> </ul>	

## MHealthy Nutrition Guidelines, continued

<b>Dairy and Dairy Alternatives</b>	Per serving	<ul style="list-style-type: none"> <li>• 3 grams or less total fat</li> <li>• 1 gram or less saturated fat</li> <li>• 21 grams or less sugar per 8 oz</li> </ul>	Milk alternatives such as soy milk must be calcium-fortified and vitamin D fortified.
<b>Fruits</b>	Per serving	<ul style="list-style-type: none"> <li>• 0 grams total fat</li> <li>• No added sugar or sugar containing ingredient is added during processing such as high fructose corn syrup</li> </ul>	Fruits can be packaged or served in 100% fruit juice. Naturally occurring total fat of 3 grams or less is acceptable.
<b>Main Dish, Sandwiches &gt;/=8oz</b>	Per serving (at least 8 ounces)	<ul style="list-style-type: none"> <li>• 20 grams or less total fat</li> <li>• 5 grams or less saturated fat</li> <li>• 1000 mg or less sodium</li> <li>• 500 calories or less</li> </ul>	
<b>Main Dish, Sandwiches &lt;8oz</b>	Less than 8 ounces	<ul style="list-style-type: none"> <li>• To use the related proportion of 8oz (for all guidelines)</li> </ul>	<p>Ex: If item is 4oz, then the limits would be:            &lt;/=10g total fat, &lt;/=2.5g saturated fat, &lt;/=500mg sodium, &lt;/=250 calories</p> <p>Includes pasta or potato salad 5oz&lt;8oz &amp; other salads 3.5oz&lt;8oz</p>
<b>Animal &amp; Plant Based Proteins</b>	Per 3.5 ounces cooked	<ul style="list-style-type: none"> <li>• 10 grams or less total fat</li> <li>• 4.5 grams or less saturated fat</li> </ul>	One serving must weigh no more than 6 ounces when cooked. Includes eggs
<b>Fish &amp; shellfish</b>	Per 3.5 ounces, cooked	<ul style="list-style-type: none"> <li>• 20 grams or less total fat</li> <li>• 4.5 grams or less saturated fat</li> </ul>	Item cannot be fried.
<b>Pasta, Potatoes, Stuffing and Grains</b>	Per serving	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 480 mg or less sodium</li> </ul>	
<b>Salad Dressings</b>	Per 2 Tablespoons (1oz)	<ul style="list-style-type: none"> <li>• 10 grams or less total fat</li> <li>• 2 grams or less saturated fat</li> <li>• 320 mg or less sodium</li> </ul>	
<b>Side Salads</b>	Per FDA reference amount	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 1 gram or less saturated fat</li> <li>• 480 mg or less sodium</li> </ul>	FDA reference amount for pasta or potato salad is 5 ounces (analyze </=5oz); all other salads are 3.5 ounces (analyze </=3.5oz).
<b>Soups</b>	Per 8 fluid ounces	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 1 gram or less saturated fat</li> <li>• 600 mg or less sodium</li> </ul>	
<b>Vegetables</b>	Per serving	<ul style="list-style-type: none"> <li>• 5 grams or less total fat</li> <li>• 1 gram or less saturated fat</li> <li>• 480 mg or less sodium</li> </ul>	

MHealthy Nutrition Guidelines were created by Registered Dietitians at the University of Michigan to help individuals improve their nutritional intake. They are used to identify healthier food choices throughout Dining, Vending, Catering, and Residential Halls at the University of Michigan.