

Snack Menu Nutrition Report

For additional support or questions, please contact the Patient Dining Call Center. Contact information can be found on the patient menu at your local Mayo Clinic location. Last revised: 10/29/25

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sodium (mg)	Potassium (mg)
Something Crunchy								
Almonds	250	22.0	1.5	8	9	5	0	310
Goldfish	100	3.6	0.8	14	3	2	172	0
Pistachios	120	10.0	1.0	6	5	2	105	210
Baked Potato Chips	140	4.0	0.5	24	2	2	150	300
Pretzels	109	0.8	0.1	23	3	1	352	63
Nuts & Choc Trail Mix	280	17.7	3.5	26	9	4	62	0
Plain Popcorn	100	6.0	0.5	9	2	2	45	0
White Cheddar Popcorn	160	10.0	2.0	14	3	2	290	0
Oats n' Honey Granola Bar	190	7.0	1.0	29	3	2	140	0
Graham Cracker Bug Bites	120	4.0	1.0	21	2	1	100	40
Cheerios	72	1.3	0.3	14	2	2	97	123
Frosted Mini Wheats	100	0.5	0.0	24	2	3	0	70
Raisin Bran	110	0.5	0.0	28	3	4	120	160
GF Rice Chex	73	0.2	0.1	17	1	0	160	35
Rice Krispies	100	0.0	0.0	22	2	0	125	20
Something Sweet								
Apple	68	0.2	0.0	18	0	3	1	140
Applesauce	49	0.1	0.0	13	0	1	2	87
Banana	105	0.4	0.1	27	1	3	1	422
Fruit Cup	34	0.2	0.0	9	1	1	8	167
Grapes	54	0.1	0.0	14	1	1	2	150
Orange	97	0.2	0.0	24	2	5	0	373
Mandarin Oranges	34	0.0	0.0	9	1	1	5	123
Peaches	40	0.0	0.0	10	1	1	4	115
Pears	52	0.1	0.0	14	0	2	4	100
Stewed Prunes	66	0.1	0.0	17	1	2	1	199
Blueberry Muffin	134	1.4	0.3	29	2	0	268	3
Lt Peach Yogurt	77	0.3	0.2	15	5	0	74	261
LF Strawberry Yogurt	112	0.8	0.4	23	4	0	56	180
LF Van Yogurt	75	0.4	0.0	15	2	0	38	120
Blueberry Greek Yogurt	110	0.0	0.0	16	11	1	55	188
Plain FF Greek Yogurt	60	0.0	0.0	4	11	0	43	188
Van Greek Yogurt	110	0.0	0.0	15	12	0	60	188
Fruit & Yogurt Parfait	135	3.6	0.3	23	4	3	48	271
Choc Chip Cookie	166	7.7	4.1	24	2	1	126	52
Oatmeal Raisin Cookie	159	6.7	3.9	23	2	1	135	67
Shortbread Cookies	140	7.0	2.0	20	1	0	150	20
GF Snickerdoodle Cookie	220	8.0	5.0	36	1	1	150	0
Sugar Cookie	164	7.2	3.7	23	2	0	141	18
Choc Pudding	179	6.9	3.5	31	1	1	214	76
Van Pudding	151	4.7	1.7	27	0	0	210	23

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sodium (mg)	Potassium (mg)
SF Choc Pudding	70	3.5	2.0	14	1	2	115	140
SF Van Pudding	60	3.0	1.5	11	0	1	105	0
Cherry Gelatin	77	0.0	0.0	18	2	0	95	3
Citrus Gelatin	77	0.0	0.0	18	2	0	95	3
Lemon Gelatin	77	0.0	0.0	18	2	0	95	3
Lime Gelatin	77	0.0	0.0	18	2	0	95	3
Orange Gelatin	77	0.0	0.0	18	2	0	95	3
SF Citrus Gelatin	10	0.0	0.0	1	2	0	8	2
Choc Pudding	130	2.0	1.5	24	3	1	140	238
Van Pudding	120	2.0	1.5	22	2	0	140	137
Choc Ice Cream	130	6.0	4.0	17	2	1	35	200
Strawberry Ice Cream	130	7.0	4.0	15	2	0	35	110
Vanilla Ice Cream	134	7.2	4.1	15	2	0	36	113
Cherry Italian Ice	86	0.0	0.0	22	0	0	1	2
Lemon Italian Ice	77	0.0	0.0	20	0	0	1	2
Cherry Popsicle	70	0.0	0.0	17	0	0	10	0
Grape Popsicle	70	0.0	0.0	17	0	0	10	0
Orange Popsicle	70	0.0	0.0	17	0	0	10	0
SF Cherry Popsicle	12	0.0	0.0	3	0	0	6	6
SF Grape Popsicle	12	0.0	0.0	3	0	0	6	6
SF Orange Popsicle	12	0.0	0.0	3	0	0	6	6
Orange Sherbet	110	0.0	0.0	26	0	0	20	40
Something More								
Beef Jerky Tender Bites	70	1.0	0.0	6	10	0	200	0
Carrot & Celery Sticks	32	0.3	0.1	7	1	3	104	392
Carrot & Celery w/Ranch	183	14.6	2.1	13	2	4	320	541
Cottage Chz	81	1.2	0.7	3	14	0	459	97
Hard Boiled Egg (cold)	68	4.7	1.4	0	6	0	55	55
Choc Chip Cliff Bar	250	6.0	2.0	43	10	5	130	258
Sliced Pepper Jack Chz	58	2.8	1.7	1	7	0	198	53
Chicken Salad	252	11.6	2.8	2	32	0	203	320
Egg Salad	181	13.2	3.5	3	12	0	313	138
Tuna Salad	166	8.8	1.4	2	20	0	467	191
Saltine Crackers	25	0.5	0.0	5	1	0	90	0
Unsalted Crackers	25	0.5	0.0	5	1	0	45	0
Wheat Crackers	36	1.0	0.0	5	0	0	62	0
Chx Salad on White Bread	403	13.5	3.2	30	37	2	481	391
Tuna on White Bread	275	8.1	1.1	30	20	1	611	193
Egg Salad on White Bread	241	8.1	1.7	31	11	1	417	119
Vegetables & Hummus	214	9.6	1.3	25	9	8	454	370
Peanut Butter	120	10.0	2.0	5	4	2	90	117
Celery Sticks	11	0.1	0.0	2	1	1	60	195
Beverages								
Decaf Coffee 6floz	0	0.0	0.0	0	0	0	5	4
Coffee 6floz	0	0.0	0.0	0	0	0	5	2
Decaf Hot Tea 6floz	2	0.0	0.0	0	0	0	6	44
Hot Tea 6floz	2	0.0	0.0	0	0	0	6	44
Green Hot Tea 6floz	2	0.0	0.0	0	0	0	6	44

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sodium (mg)	Potassium (mg)
Mint Hot Tea 6floz	2	0.0	0.0	0	0	0	1	42
Hot Cocoa 6floz	79	1.8	1.7	15	1	1	193	148
SF Hot Cocoa 6floz	24	0.2	0.1	5	1	1	139	172
Water 8floz	0	0.0	0.0	0	0	0	7	2
Bottled Water	0	0.0	0.0	0	0	0	5	0
Cool Blue Gatorade 8floz	63	0.0	0.0	16	0	0	95	37
Lemon Lime Gatorade 8floz	63	0.0	0.0	16	0	0	95	37
Fruit Punch Gatorade 8floz	63	0.0	0.0	16	0	0	95	37
Orange Gatorade 8floz	63	0.0	0.0	16	0	0	95	37
Glac Cherry Gatorade 8floz	53	0.0	0.0	14	0	0	107	33
Glac Frz Gatorade 8floz	53	0.0	0.0	15	0	0	107	33
Lime Cucumber Gatorade 8floz	56	0.0	0.0	14	0	0	108	32
Orange Gatorlyte 8floz	20	0.0	0.0	6	0	0	196	140
Watermelon Gatorlyte 8floz	24	0.0	0.0	6	0	0	196	140
Glac Frz Gatorade Zero 8floz	2	0.0	0.0	1	0	0	108	32
Cherry Gatorade Zero 8floz	0	0.0	0.0	0	0	0	160	50
Skim Milk 8floz	83	0.2	0.1	12	8	0	103	382
Skim Milk 4floz	42	0.1	0.1	6	4	0	51	191
2% Milk 8floz	122	4.8	3.1	12	8	0	115	342
2% Milk 4floz	61	2.4	1.5	6	4	0	57	171
Whole Milk 8floz	149	7.9	4.6	12	8	0	105	322
Whole Milk 4floz	74	4.0	2.3	6	4	0	52	161
Choc Skim Milk 8floz	120	0.2	0.1	22	8	0	179	396
Lact Free Milk 8floz	77	0.2	0.1	11	8	0	95	354
Lact Free Milk 4floz	39	0.1	0.1	6	4	0	48	177
Van Almond Milk	30	2.5	0.0	1	1	0	130	35
Choc Soy Milk 8floz	170	4.5	1.0	25	8	3	90	450
Van Soy Milk 8floz	150	4.5	0.5	18	8	2	70	370
Apple Juice	58	0.1	0.0	14	0	0	9	156
Cran Juice	57	0.0	0.0	14	0	0	5	15
Grape Juice	68	0.1	0.0	17	0	0	6	118
Orange Juice	59	0.1	0.0	14	1	0	2	216
Prune Juice	81	0.0	0.0	20	1	1	5	313
V8 Juice	30	0.0	0.0	6	1	1	95	600
Cherry Bubly	0	0.0	0.0	0	0	0	0	0
Mango Bubly	0	0.0	0.0	0	0	0	0	0
Iced Tea 8floz	0	0.0	0.0	0	0	0	7	2
Lemon Crystal Lt 8floz	3	0.0	0.0	1	0	0	37	56
Rasp Crystal Lt 8floz	2	0.0	0.0	1	0	0	11	2
Coke	90	0.0	0.0	25	0	0	30	0
Pepsi	100	0.0	0.0	26	0	0	20	5
Diet Coke	0	0.0	0.0	0	0	0	25	0
Diet Pepsi	0	0.0	0.0	0	0	0	25	20
Caffeine Free Diet Cola	2	0.0	0.0	0	0	0	9	17
Ginger Ale	80	0.0	0.0	21	0	0	25	0
Shasta Ginger Ale	70	0.0	0.0	17	0	0	24	0
Canada Dry Ginger Ale	80	0.0	0.0	21	0	0	30	0
Schweppes Ginger Ale	80	0.0	0.0	21	0	0	40	0

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Diet Ginger Ale	0	0.0	0.0	0	0	0	15	0
Shasta Diet Ginger Ale	0	0.0	0.0	0	0	0	30	0
Canada Dry Zero Ginger Ale	0	0.0	0.0	0	0	0	75	0
Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	0	70	0
Sprite	90	0.0	0.0	24	0	0	40	0
Starry	90	0.0	0.0	23	0	0	20	20
Diet Sprite	0	0.0	0.0	0	0	0	25	0