

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.

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sodium (mg)	Potassium (mg)	Ingredients
Something Crunchy									
Almonds	250	22.0	1.5	8	9	5	0	310	blue diamond almonds
Goldfish	100	3.6	0.8	14	3	2	172	0	crackers, goldfish, cheddar, 0.75 oz, pc
Pistachios	120	10.0	1.0	6	5	2	105	210	pistachios
Baked Potato Chips	140	4.0	0.5	24	2	2	150	300	chips, potato, baked, 1.12 oz, pc
Pretzels	109	0.8	0.1	23	3	1	352	63	pretzels, 1 oz, pc
Nuts & Choc Trail Mix	280	17.7	3.5	26	9	4	62	0	trail mix, nuts & chocolate, planters, 2 oz, pc
Plain Popcorn	100	6.0	0.5	9	2	2	45	0	popcorn, skinny pop, plain .7 oz, pc
White Cheddar Popcorn	160	10.0	2.0	14	3	2	290	0	popcorn, white cheddar, smartfood, 1 oz, pc
Oats n' Honey Granola Bar	190	7.0	1.0	29	3	2	140	0	bar, granola, crunchy, oats 'n honey, nature valley, 1.5 oz, pc
Graham Cracker Bug Bites	120	4.0	1.0	21	2	1	100	40	crackers, graham, bug bites, 1 oz, pc
Cheerios	72	1.3	0.3	14	2	2	97	123	cereal, cheerios, bowl, pc
Frosted Mini Wheats	100	0.5	0.0	24	2	3	0	70	cereal, frosted mini wheats, 1 oz, pc
Raisin Bran	110	0.5	0.0	28	3	4	120	160	cereal, raisin bran, bowl, 1.25 oz, pc
GF Rice Chex	73	0.2	0.1	17	1	0	160	35	cereal, rice chex, gf, bowl, pc
Rice Krispies ea	100	0.0	0.0	22	2	0	125	20	cereal, rice krispies, .88 oz, pc
Something Sweet									
Apple	68	0.2	0.0	18	0	3	1	140	apples, red delicious, 125 count, fresh
Applesauce	49	0.1	0.0	13	0	1	2	87	applesauce, unsweetened, bulk *
Banana	105	0.4	0.1	27	1	3	1	422	banana, medium, 100-120 ct, fresh
Fruit Cup	34	0.2	0.0	9	1	1	8	167	honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, capped, halved
Grapes	54	0.1	0.0	14	1	1	2	150	grapes, red seedless, fresh
Orange	97	0.2	0.0	24	2	5	0	373	orange, 88 count, fresh
Mandarin Oranges	34	0.0	0.0	9	1	1	5	123	orange, mandarin sections, juice pack, canned, drained
Peaches	40	0.0	0.0	10	1	1	4	115	peaches, diced, juice pack, canned, drained
Pears	52	0.1	0.0	14	0	2	4	100	pears, diced, juice pack, canned, drained
Stewed Prunes	66	0.1	0.0	17	1	2	1	199	prunes, juice pack, pitted, canned, including liquids
Blueberry Muffin	134	1.4	0.3	29	2	0	268	3	blueberries, unsweetened, frozen-iqf flour, all purpose water mix muffin low fat variety 6/4.5 lb
Lt Peach Yogurt	77	0.3	0.2	15	5	0	74	261	yogurt, peach, light, yoplait, 6 oz, pc
LF Strawberry Yogurt	112	0.8	0.4	23	4	0	56	180	yogurt, strawberry, low fat, bulk
LF Van Yogurt	75	0.4	0.0	15	2	0	38	120	yogurt, vanilla, low fat, parfait, 64 oz, pouch
Blueberry Greek Yogurt	110	0.0	0.0	16	11	1	55	188	yogurt, blueberry, greek, chobani, 5.3 oz, pc
Plain FF Greek Yogurt	60	0.0	0.0	4	11	0	43	188	yogurt, plain, greek, fat free, chobani, bulk
Van Greek Yogurt	110	0.0	0.0	15	12	0	60	188	yogurt, vanilla, greek, chobani, 5.3 oz, pc
Fruit & Yogurt Parfait	135	3.6	0.3	23	4	3	48	271	cereal, granola, no raisins, lowfat, bulk seeds, flax seeds, golden, ground honeydew melon, fresh, cubed, 1/2" grapes, red seedless, fresh cantaloupe, medium, fresh, diced, 1/2" strawberries, fresh, halved yogurt, vanilla, low fat, parfait, 64 oz, pouch
Choc Chip Cookie	166	7.7	4.1	24	2	1	126	52	dough, cookie, chocolate chip, 1.33 oz, frozen
Oatmeal Raisin Cookie	159	6.7	3.9	23	2	1	135	67	dough, cookie, oatmeal raisin, 1.33 oz, frozen
Shortbread Cookies	140	7.0	2.0	20	1	0	150	20	cookies, lorna doone, 4 each, pc

Menu Item	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Protein (g)	Fiber (g)	Sodium (mg)	Potassium (mg)	Ingredients
GF Snickerdoodle Cookie	220	8.0	5.0	36	1	1	150	0	cookie snickerdoodle gluten free
Sugar Cookie	164	7.2	3.7	23	2	0	141	18	dough, cookie, sugar, 1.33 oz, frozen
Choc Pudding	179	6.9	3.5	31	1	1	214	76	whipped topping, on top pudding, chocolate, canned rtu
Van Pudding	151	4.7	1.7	27	0	0	210	23	whipped topping, on top pudding, vanilla, rtu
SF Choc Pudding	70	3.5	2.0	14	1	2	115	140	pudding, chocolate, sugar free, snack pack, 3.25 oz, pc
SF Van Pudding	60	3.0	1.5	11	0	1	105	0	pudding, vanilla, sugar free, snack pack, 3.25 oz, pc
Cherry Gelatin, No Whip	77	0.0	0.0	18	2	0	95	3	gelatin mix, cherry gelatin mix, plain, unflavored water, boiling water, ice cold
Citrus Gelatin, No Whip	77	0.0	0.0	18	2	0	95	3	gelatin mix, plain, unflavored gelatin mix, assorted citrus water, boiling water, ice cold
Lemon Gelatin, No Whip	77	0.0	0.0	18	2	0	95	3	gelatin mix, lemon gelatin mix, plain, unflavored water, boiling water, ice cold
Lime Gelatin, No Whip	77	0.0	0.0	18	2	0	95	3	gelatin mix, lime gelatin mix, plain, unflavored water, boiling water, ice cold
Orange Gelatin, No Whip	77	0.0	0.0	18	2	0	95	3	gelatin mix, orange gelatin mix, plain, unflavored water, boiling water, ice cold
SF Citrus Gelatin, No Whip	10	0.0	0.0	1	2	0	8	2	gelatin mix, plain, unflavored gelatin mix, diet, assorted citrus water, boiling water, ice cold
Choc Pudding	130	2.0	1.5	24	3	1	140	238	pudding, chocolate, kozy, 4 oz, pc
Van Pudding	120	2.0	1.5	22	2	0	140	137	pudding, vanilla, kozy, 4 oz, pc
Choc Ice Cream	130	6.0	4.0	17	2	1	35	200	ice cream, chocolate, 1/2 cup, pc
Strawberry Ice Cream	130	7.0	4.0	15	2	0	35	110	ice cream, strawberry, 1/2 cup, pc
Vanilla Ice Cream	134	7.2	4.1	15	2	0	36	113	ice cream, vanilla, 1/2 cup, pc
Cherry Italian Ice	86	0.0	0.0	22	0	0	1	2	ice, italian, cherry, arrezzo, 4 oz, pc
Lemon Italian Ice	77	0.0	0.0	20	0	0	1	2	ice, italian, lemon, arrezzo, 4 oz, pc
Cherry Popsicle	70	0.0	0.0	17	0	0	10	0	popsicle, cherry, single, pc
Grape Popsicle	70	0.0	0.0	17	0	0	10	0	popsicle, grape, single, pc
Orange Popsicle	70	0.0	0.0	17	0	0	10	0	popsicle, orange, single, pc
SF Cherry Popsicle	12	0.0	0.0	3	0	0	6	6	popsicle, cherry, sugar free, single, pc
SF Grape Popsicle	12	0.0	0.0	3	0	0	6	6	popsicle, grape, sugar free, single, pc
SF Orange Popsicle	12	0.0	0.0	3	0	0	6	6	popsicle, orange, sugar free, single, pc
Orange Sherbet	110	0.0	0.0	26	0	0	20	40	sherbet, orange, 1/2 cup, pc
Something More									
Beef Jerky Tender Bites	70	1.0	0.0	6	10	0	200	0	beef jerky tender bites
Carrot & Celery Sticks	32	0.3	0.1	7	1	3	104	392	lettuce, leaf, individual leaf, fresh celery, fresh, sticks, 3" carrots, pre-cut, stick, fresh, sticks
Carrot & Celery w/Ranch	183	14.6	2.1	13	2	4	320	541	carrots, pre-cut, stick, fresh, sticks celery, fresh, sticks, 3" lettuce, leaf, individual leaf, fresh salad dressing, ranch, ken's, bulk
Cottage Chz	81	1.2	0.7	3	14	0	459	97	cottage cheese, lowfat, 1%
Hard Boiled Egg (cold)	68	4.7	1.4	0	6	0	55	55	egg, hard cooked, includes cage free
Choc Chip Cliff Bar	250	6.0	2.0	43	10	5	130	258	granola bar, cliff bar, chocolate chip
Sliced Pepper Jack Chz	58	2.8	1.7	1	7	0	198	53	cheese, string, part skim, 1 oz, pc
Chicken Salad	252	11.6	2.8	2	32	0	203	320	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yoplait, 32 oz
Egg Salad	181	13.2	3.5	3	12	0	313	138	spice, garlic powder salt, kosher spice, pepper, black, ground, fine egg, hard cooked, includes cage free, diced mayonnaise, light, kraft mustard, yellow spice, onion powder
Tuna Salad	166	8.8	1.4	2	20	0	467	191	fish, tuna, chunk light, fad free, water packed, drained *menu more parsley, italian, fresh, chopped * basil, fresh, chopped oregano, fresh, chopped * vinegar, white wine mayonnaise, light, kraft
Saltine Crackers	25	0.5	0.0	5	1	0	90	0	crackers, saltine, 2 ct, zesta, pc
Unsalted Crackers	25	0.5	0.0	5	1	0	45	0	crackers, saltines, unsalted, zesta, 2 ct, pc
Wheat Crackers	36	1.0	0.0	5	0	0	62	0	crackers, wheat, keebler, 2 ct, pc
Chicken Salad Sandwich on White Bread	201	6.7	1.6	15	19	1	240	196	chicken, diced, dark/white, 80/20, low sodium, fc, frozen basil, fresh, chopped parsley, italian, fresh, chopped * vinegar, red wine thyme, fresh, chopped spice, paprika, ground mayonnaise, light, kraft yogurt, plain, fat free, yoplait, 32 oz bread, white, slice, 1 oz, local

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Tuna on White Bread	138	4.1	0.5	15	10	1	305	97	fish, tuna, chunk light, fad free, water packed, drained *menu more parsley, italian, fresh, chopped * basil, fresh, chopped oregano, fresh, chopped * vinegar, white wine mayonnaise, light, kraft bread, white, slice, 1.08 oz, bimbo
Egg Salad on White Bread	121	4.0	0.9	15	5	1	209	60	bread, white, slice, 1.08 oz, bimbo spice, garlic powder salt, kosher spice, pepper, black, ground, fine egg, hard cooked, includes cage free, diced mayonnaise, light, kraft mustard, yellow spice, onion powder
Hummus & Pita Chips	246	10.9	1.5	29	10	6	416	310	bread, pita, whole wheat, pocket, 6" * spice, cumin, ground spice, paprika, ground spice, coriander, ground spice, cinnamon, ground * sugar, brown, dark spice, allspice, ground spice, pepper, cayenne, ground spice, pepper, black, ground hummus, kronos oil, cooking spray
Vegetables & Hummus	214	9.6	1.3	25	9	8	454	370	hummus, traditional, grecian delight, frozen lettuce, leaf, individual leaf, fresh celery, fresh, sticks, 3" carrots, pre-cut, stick, fresh, sticks cucumber fresh; 1/12 ct 6gm = 1 slice
Peanut Butter	120	10.0	2.0	5	4	2	90	117	peanut butter, .75 oz, jif, pc
Celery Sticks	11	0.1	0.0	2	1	1	60	195	celery, fresh, sticks, 3"
Beverages									
Decaf Coffee 6floc	0	0.0	0.0	0	0	0	5	4	water coffee, decaf, 100% colombian java liq conc 35x1
Coffee 6floc	0	0.0	0.0	0	0	0	5	2	water coffee, signature blend liq conc 32x1
Decaf Hot Tea 6floc	2	0.0	0.0	0	0	0	6	44	tea bag, hot, decaf, pc water, boiling
Hot Tea 6floc	2	0.0	0.0	0	0	0	6	44	tea bag, hot, pc water, boiling
Green Hot Tea 6floc	2	0.0	0.0	0	0	0	6	44	water, boiling tea bag, green, pc
Mint Hot Tea 6floc	2	0.0	0.0	0	0	0	1	42	tea bag, mint, pc water, boiling
Hot Cocoa 6floc	79	1.8	1.7	15	1	1	193	148	mix, hot cocoa, ind packet, pc water, boiling
SF Hot Cocoa 6floc	24	0.2	0.1	5	1	1	139	172	mix, hot cocoa, no sugar, ind packet, pc water, boiling
Water 8floc	0	0.0	0.0	0	0	0	7	2	water, ice cold ice, cubes
Bottled Water	0	0.0	0.0	0	0	0	5	0	water, bottled, 8 oz, pc
Cool Blue Gatorade 8floc	63	0.0	0.0	16	0	0	95	37	gatorade, cool blue, 8 fl oz, pc
Lemon Lime Gatorade 8floc	63	0.0	0.0	16	0	0	95	37	gatorade, lemon-lime, 8 fl oz, pc
Fruit Punch Gatorade 8floc	63	0.0	0.0	16	0	0	95	37	gatorade fruit punch
Orange Gatorade 8floc	63	0.0	0.0	16	0	0	95	37	gatorade orange
Glac Cherry Gatorade 8floc	53	0.0	0.0	14	0	0	107	33	gatorade frost glacier cherry
Orange Gatorlyte 8floc	20	0.0	0.0	6	0	0	196	140	gatorlyte orange
Watermelon Gatorlyte 8floc	24	0.0	0.0	6	0	0	196	140	gatorlyte watermelon
Glac Frz Gatorade Zero 8floc	2	0.0	0.0	1	0	0	108	32	gatorade c zero glacier freeze
Cherry Gatorade Zero 8floc	0	0.0	0.0	0	0	0	160	50	gatorade zero cherry
Skim Milk 8floc	83	0.2	0.1	12	8	0	103	382	milk, skim/nonfat, 8 floc, pc
Skim Milk 4floc	42	0.1	0.1	6	4	0	51	191	milk, skim/nonfat, 4 floc, pc
2% Milk 8floc	122	4.8	3.1	12	8	0	115	342	milk, lowfat, 2%, 8 floc, pc
2% Milk 4floc	61	2.4	1.5	6	4	0	57	171	milk, lowfat, 2 %, 4 floc, pc
Whole Milk 8floc	149	7.9	4.6	12	8	0	105	322	milk, whole, 8 floc (250 ml), pc
Whole Milk 4floc	74	4.0	2.3	6	4	0	52	161	milk, whole, 4 floc, pc
Choc Skim Milk 8floc	120	0.2	0.1	22	8	0	179	396	milk, chocolate, fat free, 22 g sugar, 8 oz, pc
Lact Free Milk 8floc	77	0.2	0.1	11	8	0	95	354	milk, lactose-free, skim, 8 oz, pc
Lact Free Milk 4floc	39	0.1	0.1	6	4	0	48	177	milk, lactose-free, skim, 8 oz, pc
Van Almond Milk	30	2.5	0.0	1	1	0	130	35	milk, almond, vanilla, unsweetened, silk, bulk
Choc Soy Milk 8floc	170	4.5	1.0	25	8	3	90	450	milk, soy, chocolate, 8 fl oz, pc
Van Soy Milk 8floc	150	4.5	0.5	18	8	2	70	370	milk, soy, vanilla, 8 fl oz, pc
Apple Juice	58	0.1	0.0	14	0	0	9	156	water, cold juice base, apple, 100%, concentrate, 5:1 *
Cran Juice	57	0.0	0.0	14	0	0	5	15	water, cold juice base, cranberry, concentrate, 4:1 *
Grape Juice	68	0.1	0.0	17	0	0	6	118	juice, grape, 4 oz, pc

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Orange Juice	59	0.1	0.0	14	1	0	2	216	water, cold juice base, orange, concentrate, 4+1, frozen *
Prune Juice	81	0.0	0.0	20	1	1	5	313	juice, prune, 4 floz, pc
V8 Juice	30	0.0	0.0	6	1	1	95	600	juice, v-8, low sodium, 5.5 oz, pc
Cherry Bubly	0	0.0	0.0	0	0	0	0	0	bubly, cherry, 12 oz, pc
Mango Bubly	0	0.0	0.0	0	0	0	0	0	bubly, mango, 12 oz, pc
Iced Tea 8floz	0	0.0	0.0	0	0	0	7	2	water, boiling tea bag, iced, 3 oz
Lemon Crystal Lt 8floz	3	0.0	0.0	1	0	0	37	56	water, cold ice, cubes drink mix, lemonade, crystal light, ind packet, pc
Rasp Crystal Lt 8floz	2	0.0	0.0	1	0	0	11	2	water, cold drink mix, raspberry, crystal light, ind packet, .08 oz, pc ice, cubes
Coke	90	0.0	0.0	25	0	0	30	0	soda, coca-cola, can, 7.5 oz, pc
Pepsi	100	0.0	0.0	26	0	0	20	5	soda, pepsi, 7.5 oz, pc
Diet Coke	0	0.0	0.0	0	0	0	25	0	soda, coke, diet, can, 7.5 oz, pc
Diet Pepsi	0	0.0	0.0	0	0	0	25	20	soda, pepsi, diet, 7.5 oz, pc
Caffeine Free Diet Coke	2	0.0	0.0	0	0	0	9	17	soda, cola, caffeine-free, diet, 8 oz, pc
Ginger Ale	80	0.0	0.0	21	0	0	25	0	soda, ginger ale, can, 7.5 oz, pc
Shasta Ginger Ale	70	0.0	0.0	17	0	0	24	0	soda shasta ginger ale 8 oz
Canada Dry Ginger Ale	80	0.0	0.0	21	0	0	30	0	soda canada dry ginger ale 7.5 oz
Schweppes Ginger Ale	80	0.0	0.0	21	0	0	40	0	soda schweppes ginger ale 7.5 oz
Diet Ginger Ale	0	0.0	0.0	0	0	0	15	0	soda, ginger ale, diet, can, 7.5 oz, pc
Shasta Diet Ginger Ale	0	0.0	0.0	0	0	0	30	0	soda shasta diet ginger ale 8 oz
Canada Dry Zero Ginger Ale	0	0.0	0.0	0	0	0	75	0	soda canada dry zero sugar ginger ale 7.5 oz
Schweppes Zero Ginger Ale	0	0.0	0.0	0	0	0	70	0	soda schweppes zero sugar ginger ale 7.5 oz
Sprite	90	0.0	0.0	24	0	0	40	0	soda, sprite, can, 7.5 oz, pc
Starry	90	0.0	0.0	23	0	0	20	20	soda, lemon lime, starry, 7.5 oz, pc
Diet Sprite	0	0.0	0.0	0	0	0	25	0	soda, sprite, zero, can, 7.5 oz, pc