



CDA NUTRITIONAL FACTS based on 125mL (100g) serving. Last updated 09/29/14

While stringent precautions are taken, various flavours may contain food allergens.

mix-its Canada

	Calories (per serving)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Gluten Free (GF)	Kosher (K)
LOW FAT VANILLA																
Banana mix	120	2	1.5	0	7	50	22	0	19	3	8	0	2	3	GF	K
Blackberry mix	100	2	1.5	0	7	50	19	1.5	17	3	9	0	2	8	GF	K
Blueberry mix	110	2	1.5	0	7	50	19	1	18	3	8	0	2	0	GF	K
Cherry mix	110	2	1.5	0	7	50	20	0.5	19	3	8	0	2	3	GF	K
Kiwi mix	110	2	1.5	0	7	50	20	1	18	3	9	0	2	35	GF	K
NON FAT VANILLA																
Banana mix	110	0	0	0	0	54	24	0.5	19	3	9	0	0	3	GF	K
Blackberry mix	100	0	0	0	0	54	21	1.5	18	3	9	0	0	8	GF	K
Blueberry mix	100	0	0	0	0	54	21	1	18	3	9	0	0	0	GF	K
Cherry mix	100	0	0	0	0	54	22	0.5	20	3	9	0	0	3	GF	K
NO SUGAR ADDED (NSA) VANILLA																
Banana mix	90	0	0	0	0	54	23	0.5	8	3	9	0	0	3	GF	K
Blueberry mix	80	0	0	0	0	54	21	1	7	3	9	0	0	0	GF	K
Cherry mix	90	0	0	0	0	54	22	0.5	8	3	9	0	0	3	GF	K
LOW FAT CHOCOLATE																
Banana mix	120	2	1.5	0	6	43	22	0.5	19	3	7	2	0	3	GF	K
SORBET (DAIRY FREE)																
Banana mix	130	0	0	0	0	0	32	0.5	23	0	0	0	0	3	GF	K
Blackberry mix	110	0	0	0	0	0	28	1.5	21	0	0	0	0	8	GF	K
Blueberry mix	120	0	0	0	0	0	29	1	21	0	0	0	0	0	GF	K
Cherry mix	120	0	0	0	0	0	30	0.5	23	0	0	0	0	3	GF	K



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üserve Canada

	Calories (per serving)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Gluten Free (GF)	Kosher (K)
LOW FAT FLAVOURS																
Almond Cookies	130	3	1	0	8	42	23	0	21	3.5	9	0	0	0	GF	K
Amaretto	130	2.5	1	0	8	42	24	0	22	3	9	0	0	0	GF	
Banana Split	120	1.5	1	0	8	44	24	0	22	3	9	0	0	0	GF	K
Belgian Hot Chocolate	120	1.5	1	0	6	39	24	0	21	3.5	8	3	0	0	GF	K
Birthday Cake	130	2	1	0	15	44	25	0	21	3	9	0	0	0		K
Blackberry Avalanche™	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0		
Brownie Blast	120	2	1	0	6	39	25	0	22	3.5	8	3	0	0	GF	K
Bubble Gum	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Cappuccino	120	1	0	8	8	49	24	0	22	3	9	0	0	0		K
Caramel Latte	130	1.5	1	0	8	56	25	0	22	3	9	0	0	0	GF	K
Caramel Popcorn	130	1.5	1	0	8	68	25	0	23	3	9	0	0	0	GF	K
Chocolate (Truffle Explosion)	110	1.5	1	0	6	35	23	0	20	3.5	8	3	0	0	GF	K
Chocolate Bananarama	120	1.5	1	0	7	38	24	0	21	3	8	0	0	0	GF	K
Chocolate Coconut Bar	120	2	1	0	6	34	24	0	21	3	8	3	0	0	GF	K
Chocolate Hazelnut	120	3	1	0	6	34	22	0	20	3.5	8	3	0	0	GF	K
Chocolate Hazelnut Spread	140	3.5	1.5	0	7	38	24	0	22	3.5	9	2	0	0	GF	
Chocolate Mocha	120	1.5	1	0	6	35	24	0	21	3	8	3	0	0	GF	K
Chocolate Oreo	130	2	1	0	6	55	25	0	21	3.5	8	4	0	0		
Chocolate Peanut Butter Chunk™	120	2.5	1	0	7	38	23	0	20	3.5	8	0	0	0	GF	
Chocolate Raspberry Cupcake	120	1.5	1	0	6	34	24	0	21	3	8	3	0	0	GF	K
Cinnamon À Bon Bon™	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
Coconut Madness™	120	2	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Cookies N Cream (with Oreo®)	130	2	1	0	8	63	26	0	22	3	9	0	0	0		K
Cotton Candy	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
Crème Brûlée	120	2	1	0	13	44	25	0	21	3	9	0	0	0	GF	K
Deep Dish Apple Pie™	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Dulce De Leche Heaven™	130	1.5	1	0	8	44	25	0	23	3	9	0	0	0	GF	K
Espresso Coffee	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
French Vanilla	120	1.5	1	0	8	51	25	0	22	3	9	0	0	0	GF	K
Ginger Spiced Cookie	120	1.5	1	0	8	71	24	0	22	3	9	0	0	0	GF	K
Give Me S'mores™	120	1.5	1	0	8	40	25	0	22	3	9	0	0	0	GF	K
Hazelnut	130	3	1	0	8	42	23	0	21	3.5	9	0	0	0	GF	K
Key Lime Meringue Pie	130	1.5	1	0	8	44	25	0	23	3	9	0	0	9		
Lucky Mint White Chocolate	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
Maple Bacon	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0		



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	Calories (per serving)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (%DV)	Iron (%DV)	Vitamin A (%DV)	Vitamin C (%DV)	Gluten Free (GF)	Kosher (K)
Marshmallow	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0		
Mint	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Mint Chocolate	120	1.5	1	0	7	39	25	0	22	3	8	0	0	0	GF	K
Neapolitan	120	1.5	1	0	8	43	25	0	22	3	9	0	0	4	GF	K
Orangecream	130	1.5	1	0	8	47	25	0	22	3	9	0	0	4	GF	K
Peach Crème Brûlée	120	1.5	1	0	10	43	25	0	22	3	9	0	0	0	GF	K
Peanut Butter	130	3	1.5	0	8	42	23	0	21	4	9	0	0	0	GF	
Peanut Butter & Jelly	140	3	1.5	0	8	42	24	0	21	4	9	0	0	0	GF	
Peppermint Snowflake	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
Piña Colada	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Pistachio	130	2.5	1	0	8	42	24	0	22	3	9	0	0	0	GF	
Pumpkinstein	120	1.5	1	0	8	49	24	0	22	3	9	0	0	0		
Red Velvet	120	1.5	1	0	7	37	24	0	22	3	8	2	0	0	GF	K
Roasted Almonds	130	2.5	1	0	8	42	24	0	21	3.5	9	0	0	0	GF	
Roasted Marshmallow	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0		
Root Beer	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
Salted Caramel	120	1.5	1	0	8	56	25	0	22	3	9	0	0	0	GF	K
Snickers	130	2.5	1.5	0	7	45	24	0	21	3.5	8	0	0	0	GF	
Snowball	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
Strawberry Bananarama™	120	1.5	1	0	8	42	25	0	22	3	9	0	0	0	GF	K
Strawberry Cheesecake	120	2.5	1.5	0	11	85	21	0	19	4.5	12	0	2	2	GF	K
Strawberry Fields™	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Taro	130	2	1	0	9	46	25	0	22	3	9	0	0	0		
Tiramisu	120	2	1	0	9	45	24	0	22	3	9	0	0	0	GF	K
Triple Butter Pecan™	120	1.5	1	0	8	43	25	0	22	3	9	0	0	0	GF	K
Waffle Cone	130	2.5	1	0	8	43	24	0	21	3	9	0	0	0		K
White Chocolate Macademia	130	2	1	0	8	42	25	0	23	3	9	0	0	0	GF	K
White Chocolate Truffle	130	1.5	1	0	8	42	25	0	23	3	9	0	0	0	GF	K

NON FAT FLAVOURS

Bananarama™	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	K
Blueberry	120	0	0	0	6	49	26	0	23	3.5	10	0	0	0	GF	K
Blue Ribbon Berry Pie™ (Boysenberry)	120	0	0	0	6	52	26	0	23	3.5	10	0	0	0	GF	K
Greek Style Yogurt	110	0	0	0	6	47	25	0	21	3.5	10	0	0	0	GF	
Kiwi	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	
Mandarin Orange	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	



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Orange	120	0	0	0	6	48	25	0	23	3.5	10	0	0	4	GF	
Peachy Keen™	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	K
Pomegranate Power™	120	0	0	0	6	48	26	0	24	3.5	10	0	0	0	GF	K
Raspberry	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	K
Red Orange	120	0	0	0	6	49	25	0	22	3.5	10	0	0	0	GF	
Tropical Storm	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	
Wild Watermelon™	120	0	0	0	6	48	26	0	23	3.5	10	0	0	0	GF	

NON FAT TART

Ginger Lemon Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2	GF	
Green Apple Tart	120	0	0	0	6	51	26	0	23	3.5	10	0	0	10	GF	K
Green Tea Tart	110	0	0	0	0	55	22	0	20	4.5	12	0	3	3	GF	
Hello Honey™ Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2		
Lemon Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	12	GF	K
Lemon Meringue Pie Tart	120	2	0	0	0	56	22	0	20	4.5	12	0	3	2	GF	
Lime Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	3	GF	
Lychee Green Tea Tart	100	0	0	0	0	54	21	0	19	4.5	12	0	3	3		
Mangolicious™ Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2	GF	K
Passion Fruit Tart	110	0	0	0	0	57	23	0	21	4.5	12	0	3	11	GF	K
Pear Tart	110	0	0	0	0	55	23	0	21	4.5	12	0	3	2	GF	
Superfruit (Açaí Blueberry Tart)	110	0	0	0	0	53	23	0	21	4	12	0	3	3	GF	
Tart	110	0	0	0	0	56	22	0	20	4.5	12	0	3	2	GF	K

SHERBET

Mandarin Orange Sherbet	120	0	0	0	0	16	29	0	22	1	3	0	0	2	GF	
Tropical Storm Sherbet	120	0	0	0	0	16	29	0	22	1	3	0	0	0	GF	

SORBET (DAIRY FREE)

Lime Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Mandarin Orange Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Mangolicious™ Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Mojito Sorbet	100	0	0	0	0	0	31	0	22	0	0	0	0	0		
Orange Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	9	GF	
Passion Fruit Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0		
Peach Mango Sunset™ Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Pear Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	



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Pink Grapefruit Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Pomegranate Power™ Sorbet	120	0	0	0	0	0	31	0	23	0	0	0	0	0	GF	K
Raspberry Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Raspberry Sorbet (no sugar added)	100	0	0	0	0	0	25	2	2	0	0	0	0	0	GF	
Strawberry Daiquiri Sorbet	100	0	0	0	0	0	26	0	20	0	0	0	29	5		
Verry Berry Sorbet	120	0	0	0	0	0	31	0	22	0	0	0	0	0	GF	
Wild Watermelon™ Sorbet	100	0	0	0	0	0	25	0	17	0	0	0	17	0		