



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 |