



USA NUTRITIONAL FACTS based on 4 fl.oz. (100g) serving. Last updated 09/29/14

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

# mix-its USA

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)
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## LOW FAT VANILLA

Banana mix	110	2	1	0	6	48	21	0	18	3	8	0	2	3	GF	K
Blackberry mix	100	2	1	0	6	47	18	1	16	3	8	0	2	8	GF	K
Blueberry mix	100	2	1	0	6	47	18	1	17	3	8	0	2	0	GF	K
Cherry mix	100	2	1	0	6	47	19	1	18	3	8	0	0	3	GF	K
Kiwi mix	100	2	1	0	6	48	19	1	17	3	8	0	2	34	GF	K
Mango mix	100	2	1	0	6	48	19	0	19	3	8	0	2	10	GF	K
Peach mix	100	2	1	0	6	47	18	0	17	3	8	0	2	2	GF	K
Pineapple mix	110	2	1	0	6	48	21	0	20	3	8	0	0	3	GF	K
Raspberry mix	100	2	1	0	6	47	18	1	16	3	8	0	0	9	GF	K
Strawberry mix	100	2	1	0	6	47	18	0	16	3	8	0	0	15	GF	K

## NON FAT VANILLA

Blackberry mix	90	0	0	0	0	51	19	1	17	3	9	0	0	8	GF	K
Blueberry mix	90	0	0	0	0	51	20	1	17	3	8	0	0	0	GF	K
Cherry mix	100	0	0	0	0	51	21	1	18	3	8	0	0	3	GF	K
Kiwi mix	100	0	0	0	0	52	21	1	18	3	9	0	0	34	GF	K
Mango mix	100	0	0	0	0	51	21	1	19	3	8	0	0	10	GF	K
Peach mix	90	0	0	0	0	51	19	1	17	3	8	0	0	2	GF	K
Pineapple mix	100	0	0	0	0	52	22	0	20	3	8	0	0	3	GF	K
Raspberry mix	90	0	0	0	0	51	20	2	17	3	9	0	0	9	GF	K
Strawberry mix	90	0	0	0	0	51	19	1	17	3	8	0	0	15	GF	K

## NO SUGAR ADDED (NSA) VANILLA

Banana mix	90	0	0	0	0	51	22	1	8	3	8	0	0	3	GF	K
Blackberry mix	80	0	0	0	0	51	19	1	6	3	9	0	0	8	GF	K
Blueberry mix	80	0	0	0	0	51	20	1	7	3	8	0	0	0	GF	K
Cherry mix	80	0	0	0	0	51	21	1	8	3	8	0	0	3	GF	K
Kiwi mix	80	0	0	0	0	51	20	1	7	3	9	0	0	34	GF	K
Mango mix	80	0	0	0	0	51	21	1	8	3	8	0	0	10	GF	K
Peach mix	70	0	0	0	0	50	19	1	7	3	8	0	0	2	GF	K
Pineapple mix	90	0	0	0	0	51	22	0	9	3	8	0	0	3	GF	K
Raspberry mix	80	0	0	0	0	51	20	2	6	3	9	0	0	9	GF	K
Strawberry mix	70	0	0	0	0	51	19	1	6	3	8	0	0	15	GF	K



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## LOW FAT CHOCOLATE

Banana mix	110	2	1	0	5	40	21	1	18	3	6	2	0	3	GF	K
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## SORBET (DAIRY FREE)

Banana mix	120	0	0	0	0	0	30	1	21	0	0	0	0	3	GF	K
Blackberry mix	110	0	0	0	0	0	27	1	20	0	0	0	0	8	GF	K
Blueberry mix	110	0	0	0	0	0	27	1	20	0	0	0	0	GF	K	
Cherry mix	110	0	0	0	0	0	28	1	21	0	0	0	0	3	GF	K
Mango mix	110	0	0	0	0	0	29	1	22	0	0	0	10	GF	K	
Peach mix	110	0	0	0	0	0	27	1	20	0	0	0	0	2	GF	K
Pineapple mix	120	0	0	0	0	0	0	30	0	23	0	0	0	3	GF	K
Raspberry mix	110	0	0	0	0	0	27	2	19	0	0	0	0	9	GF	K
Strawberry mix	110	0	0	0	0	0	27	1	19	0	0	0	0	15	GF	K



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## üsensations USA

	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)
<b>LOW FAT VANILLA</b>																
Açai Blueberry	110	2	1	0	7	55	21	0	20	3	9	0	3	0	GF	
Apple Cinnayüm	140	3	1	0	6	89	27	1	21	3	8	3	0	11		
Apple Pie	140	3	1	0	6	97	27	1	21	3	8	3	0	55		
Candy Cane	110	2	1	0	8	57	19	0	19	3	9	0	2	0		
Caramel Apple Pie	130	2	1	0	6	87	25	1	20	3	8	2	0	38		
Chai Latte	130	5	2	0	7	55	19	1	18	4	10	0	2	0		K
Cinnamon Banana Crunch	180	5	1	0	6	42	32	2	19	4	8	0	0	3		
Coffee	130	4	2	0	7	55	21	1	21	3	9	5	2	0	GF	K
Egg Nog	130	2	1	0	12	58	23	0	21	3	9	0	2	0		
Gingerbread	120	2	1	0	7	59	23	0	23	3	9	0	2	0		
Green Tea	110	2	1	0	8	57	19	0	19	3	9	0	2	0	GF	
Keylime Pie	150	3	2	0	7	90	27	0	23	3	9	2	2	23		
Lemon	120	2	1	0	7	56	22	0	21	3	9	0	2	24	GF	K
Lychee Green Tea	110	2	1	0	6	47	20	1	19	3	8	0	0	27	GF	
Matcha Mochi	120	8	1	0	7	65	24	0	19	3	8	0	0	0	GF	
Mint Chocolate Chip	140	4	2	0	7	55	23	0	23	3	9	6	2	0	GF	K
Passion Fruit	120	2	1	0	7	61	23	0	22	3	9	0	3	24	GF	K
Peanut Butter & Jelly	180	7	2	0	7	51	25	1	24	5	8	0	0	0		
Piña Colada	110	6	5	0	6	68	26	1	24	3	7	0	0	3	GF	K
Pumpkin Spice	140	3	2	0	7	98	26	1	22	3	9	2	2	0		
Pumpkin Cheesecake	190	7	4	0	30	158	29	1	23	4	9	4	5	0		
Red Velvet	170	4	2	0	20	83	31	0	27	3	8	3	2	0		
Red Velvet / Strawberry	120	2	1	0	6	50	25	0	23	3	7	0	0	10	GF	K
Strawberry Cheesecake	170	6	4	0	29	129	25	1	19	4	8	4	5	12		
Cheesecake	190	6	3	0	26	111	28	0	23	4	9	2	5	0		
Coconut Cream Pie	150	5	3	0	7	91	29	1	22	3	9	3	2	0		
Lemon Meringue Pie	180	8	2	0	8	87	25	0	22	4	8	0	2	0		
Oreo Vanilla	170	5	2	0	7	128	29	1	21	4	9	5	2	0		
Oreo Mint	170	5	2	0	7	126	30	1	23	4	9	5	2	0		
<b>NON FAT VANILLA</b>																
Açai Blueberry	110	0	0	0	0	59	23	1	20	3	9	0	0	0	GF	
Apple Cinnayüm	140	1	1	0	0	93	29	1	21	3	8	3	0	11		
Apple Pie	140	1	1	0	0	100	29	1	21	3	8	3	0	55		
Candy Cane	100	0	0	0	0	62	21	0	19	3	10	0	0	0		



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Caramel Apple Pie	130	1	0	0	0	90	27	1	20	3	8	2	0	38		
Chai Latte	120	3	0	0	0	60	21	1	18	4	10	0	0	0		K
Coffee	120	2	1	0	0	60	23	1	21	3	9	6	0	0	GF	K
Egg Nog	120	1	0	0	7	63	25	0	21	3	10	0	0	0		
Gingerbread	120	0	0	0	0	64	25	0	23	3	10	0	0	0		
Green Tea	100	0	0	0	0	61	21	0	19	3	10	0	0	0	GF	
Keylime Pie	140	1	0	0	0	94	29	1	23	3	9	3	0	23		
Lemon	110	0	0	0	0	60	24	0	22	3	9	0	0	26	GF	K
Lemon Meringue Pie	170	6	1	0	0	92	27	0	22	4	9	0	0	0		
Lychee Green Tea	100	0	0	0	0	51	21	1	19	3	8	0	0	27	GF	
Matcha Mochi	120	0	0	0	0	69	25	0	19	3	9	0	0	0	GF	
Mint Chocolate Chip	130	2	1	0	0	59	25	1	23	3	9	6	0	0	GF	K
Passion Fruit	110	0	0	0	0	66	25	0	22	3	9	0	0	24	GF	K
Piña Colada	100	4	4	0	0	71	27	1	24	3	8	0	0	3	GF	K
Pink Velvet	100	0	0	0	0	55	23	1	20	3	9	0	0	15	GF	K
Pumpkin Cheesecake	180	5	3	0	26	162	31	1	23	4	9	4	4	0		
Pumpkin Spice	130	1	0	0	0	102	28	1	22	3	9	3	0	0		
Red Velvet	170	3	1	0	17	86	32	0	27	3	8	3	0	0		
Strawberry Cheesecake	160	5	3	0	25	132	26	1	19	4	9	4	4	12		

### LOW FAT CHOCOLATE

Chocolate Almond Bar	160	6	3	0	6	46	22	1	20	4	8	9	0	0	GF	K
Chocolate Peppermint	150	3	1	0	6	45	28	0	25	3	7	2	0	0		K
Oreo Chocolate	170	5	2	0	6	120	29	1	21	3	7	7	0	0		

### SORBET (DAIRY FREE)

Lemon Mint Sorbet	160	1	0	0	0	0	39	0	31	0	0	0	0	91	GF	
Mango Pineapple Mint Sorbet	110	0	0	0	0	0	29	1	22	0	0	0	0	7	GF	
Mojito Sorbet	110	0	0	0	0	0	0	29	0	21	0	0	0	0	GF	
Strawberry Daiquiri Sorbet	100	0	0	0	0	0	26	1	18	0	0	0	0	15	GF	K



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<b>LOW FAT FLAVOURS</b>																
Almond Cookies	130	3	1	0	6	72	22	0	17	4	12	0	5	0	GF	K
Amaretto	130	3	1	0	7	72	23	0	19	3	11	0	5	0	GF	
Apple Pie	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Banana Split	120	2	1	0	7	74	23	0	19	3	11	0	5	0	GF	K
Belgian Hot Chocolate	120	2	1	0	6	69	23	0	19	3	10	3	5	0	GF	K
Birthday Cake	120	2	1	0	14	74	23	0	18	3	11	0	5	0		K
Blackberry	120	2	1	0	7	72	23	0	19	3	11	0	5	0		
Brownie Blast	120	2	1	0	6	69	23	0	19	3	10	3	5	0	GF	K
Bubble Gum	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Butter Pecan	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Cappuccino	120	2	1	0	7	79	23	0	18	3	11	0	5	0		K
Caramel Butter Pecan	120	2	1	0	7	74	24	0	19	3	11	0	5	0	GF	K
Caramel Latte	120	2	1	0	7	86	23	0	19	3	11	0	5	0	GF	K
Caramel Popcorn	120	2	1	0	7	86	23	0	19	3	11	0	5	0	GF	K
Caramilk	120	2	1	0	6	79	23	0	18	3	11	0	5	0	GF	K
Chocolate Banana	120	2	1	0	6	68	23	0	19	3	11	0	5	0	GF	K
Chocolate Coconut Bar	120	2	1	0	6	64	23	0	18	3	10	3	5	0	GF	K
Chocolate Hazelnut	120	3	1	0	6	64	22	0	17	4	10	3	5	0	GF	K
Chocolate Hazelnut Spread (Nutella)	130	3	1	0	6	67	23	0	19	4	11	2	5	0	GF	
Chocolate Mocha	120	2	1	0	6	65	23	0	19	3	10	3	5	0	GF	K
Chocolate Oreo	130	2	1	0	6	84	24	0	19	3	10	3	5	0		
Chocolate Peanut Butter	120	3	1	0	6	68	22	0	18	4	11	0	5	0	GF	
Chocolate Peppermint	120	2	1	0	6	64	23	0	19	3	10	3	5	0	GF	K
Chocolate Raspberry Truffle	110	2	1	0	6	65	23	0	18	3	10	3	5	0	GF	K
Chocolate (Truffle Explosion)	110	2	1	0	6	65	22	0	18	3	10	3	5	0	GF	K
Cinnamon	120	2	1	0	7	74	23	0	19	3	11	0	5	0	GF	K
Coconut Madness	120	2	1	0	7	73	23	0	18	3	11	0	5	0	GF	K
Cotton Candy	120	2	1	0	7	74	23	0	19	3	11	0	5	0	GF	K
Crème Brûlée	120	2	1	0	11	774	23	0	18	3	11	0	5	0	GF	K
Dulce de Leche	120	2	1	0	7	74	24	0	19	3	11	0	5	0	GF	K
Espresso Coffee	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Ginger Spiced Cookie	120	2	1	0	7	101	23	0	19	3	11	0	5	0	GF	K
Hazelnut	130	3	1	0	6	72	22	0	17	3	11	0	5	0	GF	K
Hello Kitty	120	2	1	0	6	72	24	0	19	3	11	0	5	0	GF	
Honey Almond	120	2	1	0	7	72	23	0	18	3	11	0	5	0		



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Keylime Meringue	120	2	1	0	6	74	24	0	20	3	11	0	5	10	GF	K
Maple Bacon	120	2	1	0	6	72	22	0	17	3	11	0	5	0		
Marshmallow	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Mint	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Mint Chocolate Chip	120	2	1	0	6	69	23	0	19	3	11	0	5	0	GF	K
Mint White Chocolate	120	2	1	0	7	72	24	0	20	3	11	0	5	0	GF	K
Neapolitan	120	2	1	0	6	72	23	0	19	3	11	0	5	4	GF	K
Orangecream (Creamsicle)	120	2	1	0	7	73	23	0	19	3	11	0	5	4	GF	K
Oreo Cookies N Cream	130	2	1	0	6	92	25	0	19	3	11	0	5	0		K
Peach Crème Brûlée	120	2	1	0	9	73	23	0	18	3	11	0	5	0	GF	K
Peanut Butter	130	3	1	0	6	72	22	0	17	4	11	0	5	0	GF	
Peanut Butter & Jelly	140	4	2	0	6	81	22	1	18	4	11	0	5	0	GF	
Peppermint Snowflake	120	2	1	0	6	72	24	0	20	3	11	0	5	0	GF	K
Piña Colada	120	2	1	0	7	73	23	0	18	3	11	0	5	0	GF	K
Pink Velvet	130	2	1	0	6	71	21	0	17	3	11	0	5	0		
Pistachio	130	3	1	0	7	72	23	0	18	3	11	0	5	0	GF	
Pumpkin Pie	120	2	1	0	6	78	23	0	18	3	11	0	5	0		
Red Velvet	120	2	1	0	6	67	23	0	19	3	10	2	5	0	GF	K
Roasted Almonds	130	3	1	0	7	72	22	0	17	4	11	0	5	0	GF	
Roasted Marshmallow	120	2	1	0	7	73	23	0	19	3	11	0	5	0	GF	K
Root Beer	120	1.5	1	0	8	44	25	0	22	3	9	0	0	0	GF	K
S'mores	120	2	1	0	6	69	25	0	20	3	11	0	5	0	GF	K
Salted Caramel	120	2	1	0	7	86	23	0	19	3	11	0	5	0	GF	K
Snickers	130	3	1	0	6	74	23	0	18	4	11	0	5	0	GF	
Snowball	120	2	1	0	7	72	24	0	19	3	11	0	5	0	GF	K
Strawberry	120	2	1	0	6	66	24	0	20	3	10	0	5	11	GF	K
Strawberry Banana	120	2	1	0	7	72	23	0	19	3	11	0	5	0	GF	K
Taro	120	2	1	0	7	76	23	0	19	3	11	0	5	0		
Tiramisu	120	2	1	0	7	75	23	0	19	3	12	0	5	0	GF	K
Vanilla	120	2	1	0	7	73	22	0	18	3	11	0	5	0	GF	K
Wafer (Waffle Cone)	130	3	1	0	6	73	23	0	18	3	11	0	5	0		K
White Chocolate	120	2	1	0	7	72	24	0	20	3	11	0	5	0	GF	K
White Chocolate Macadamia	120	2	1	0	7	72	24	0	19	3	11	0	5	0		K
White Marshmallow	120	1.5	1	0	8	72	25	0	22	3	9	0	0	0		



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<b>NON FAT FLAVOURS</b>																
Açai Blueberry	110	0	0	0	0	74	25	0	20	3	12	0	4	3	GF	
Banana	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	K
Banana Cinnamon	110	0	0	0	0	79	24	0	19	3	12	0	4	0	GF	K
Blueberry	110	0	0	0	0	80	23	0	19	4	12	0	4	0	GF	
Boysenberry	110	0	0	0	0	82	24	0	19	4	12	0	4	12	GF	K
Cinnamon Bun Twist	110	0	0	0	0	87	24	0	19	4	12	0	4	0	GF	K
Greek Style Yogurt	100	0	0	0	0	77	23	0	18	3	12	0	3	0	GF	
Green Apple	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Green Tea	110	0	0	0	0	80	23	0	18	4	13	0	4	0	GF	
Honey	110	0	0	0	0	79	24	0	19	4	12	0	4	0		
Kiwi	110	0	0	0	0	79	24	0	19	4	12	0	4	2	GF	
Lemon	110	0	0	0	0	79	23	0	19	4	12	0	4	11	GF	K
Lime	110	0	0	0	0	79	24	0	19	4	12	0	4	2	GF	
Mandarin Orange	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Mango Orange	110	0	0	0	0	79	23	0	19	4	12	0	4	4	GF	
Mangolicious	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	K
Orange	110	0	0	0	0	79	23	0	19	4	12	0	4	6	GF	
Orange Banana	110	0	0	0	0	79	23	0	19	4	12	0	4	4	GF	
Orange Carrot	100	0	0	0	0	78	22	0	18	3	12	0	4	0		
Passion Fruit	110	0	0	0	0	81	24	0	19	4	12	0	4	10	GF	K
Peachy Keen	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	K
Pear	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Pomegranate	110	0	0	0	0	78	24	0	20	3	12	0	3	0	GF	K
Raspberry	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	K
Red Orange	120	0	0	0	6	49	25	0	22	3.5	10	0	0	0	GF	
Tropical Storm	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Two Berries	110	0	0	0	0	79	23	0	19	4	12	0	4	0	GF	
Watermelon	110	0	0	0	0	79	24	0	19	4	12	0	4	0	GF	
<b>NON FAT TART</b>																
Blackberry Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	11		
Blueberry Tart	100	0	0	0	0	52	22	0	19	4	11	0	0	11	GF	
Green Apple Tart	100	0	0	0	0	54	22	0	19	4	11	0	0	21	GF	K
Green Tea Tart	100	0	0	0	0	52	21	0	18	4	11	0	0	12	GF	
Keylime Meringue Tart	110	0	0	0	0	53	23	0	20	4	11	0	0	20	GF	K



USA NUTRITIONAL FACTS based on 4 fl.oz. (100g) serving. Last updated 09/30/14

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

## üserve USA

	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)
Kiwi Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	12	GF	
Lemon Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	21	GF	K
Lime Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	12	GF	
Lychee Green Tea Tart	100	0	0	0	0	51	21	0	17	4	11	0	0	11		
Mango Tart	100	0	0	0	0	52	22	0	19	4	11	0	0	11	GF	K
New York Cheesecake	110	3	2	0	10	81	19	0	17	4	11	0	0	11	GF	K
Orange Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	15	GF	
Passion Fruit Tart	100	0	0	0	0	54	22	0	19	4	11	0	2	20	GF	K
Peach Mango Tart	100	0	0	0	0	52	22	0	20	4	12	0	2	2	GF	K
Peach Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	11	GF	K
Pear Tart	100	0	0	0	0	51	22	0	19	4	11	0	0	11	GF	
Pomegranate Tart	110	0	0	0	0	51	23	0	19	4	11	0	0	11	GF	K
Strawberry Cheesecake	120	3	2	0	10	80	20	0	17	4	11	0	0	11	GF	K
Superfruit (Açai Blueberry Tart)	100	0	0	0	0	50	22	0	19	4	11	0	2	11	GF	
Tart	100	0	0	0	0	52	21	0	18	4	11	0	2	11	GF	K

### SHERBET

Mandarin Orange Sherbet	110	0	0	0	0	15	27	0	21	1	3	0	0	2	GF	
Tropical Storm Sherbet	110	0	0	0	0	15	28	0	20	1	2	0	0	0	GF	

### SORBET (DAIRY FREE)

Grapefruit Sorbet	100	0	0	0	0	0	24	1	24	0	0	0	0	0	GF	
Green Apple Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Lime Sorbet	110	0	0	0	0	0	30	0	21	0	0	0	0	0	GF	
Mandarin Orange Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Mangolicious Sorbet	110	0	0	0	0	0	29	0	20	0	0	0	0	0	GF	
Mojito Sorbet	90	0	0	0	0	0	23	0	21	0	0	0	0	0	GF	
Orange Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	8	GF	
Passion Fruit Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0		
Peach Mango Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Pear Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Pink Grapefruit Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Pomegranate Sorbet	120	0	0	0	0	0	30	0	21	0	0	0	0	0	GF	K
Raspberry Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Raspberry Sorbet (no sugar added)	100	0	0	0	0	0	24	2	2	0	0	0	0	0	GF	
Strawberry Daiquiri Sorbet	100	0	0	0	0	0	24	0	19	0	0	0	28	5	GF	





USA NUTRITIONAL FACTS based on 4 fl.oz. (100g) serving. Last updated 09/30/14

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

## üserve USA

	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)
Very Berry Sorbet	110	0	0	0	0	0	29	0	21	0	0	0	0	0	GF	
Watermelon Sorbet	120	0	0	0	0	0	29	0	21	0	0	0	16	0	GF	



USA NUTRITIONAL FACTS based on 8 fl.oz. (230g) serving. Last updated 09/30/14

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

## smoothies USA

	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)
<b>NON FAT VANILLA</b>																
Blueberry Breeze	120	0	0	0	0	24	27	1	21	2	4	0	0	57	GF	
Mango Mint Pineapple	120	0	0	0	0	25	26	1	22	2	5	3	3	58	GF	
Peach Berry Sunset	100	0	0	0	0	26	21	1	17	2	5	3	0	67	GF	K
Strawberry Banana	110	0	0	0	0	24	26	1	20	2	4	3	0	74	GF	
Tropical Storm	120	0	0	0	0	25	27	1	22	2	5	0	0	55	GF	
Verry Berry	100	0	0	0	0	24	23	2	19	2	5	3	0	71	GF	
Matcha Green Tea	120	0	0	0	0	45	25	1	22	3	7	2	0	67	GF	

<b>SORBET (DAIRY FREE)</b>																
Raspberry Blast	120	0	0	0	0	0	30	2	24	0	0	3	0	67	GF	
Blueberry Breeze	120	0	0	0	0	0	30	1	22	0	0	0	0	57	GF	
Mango Mint Pineapple	120	0	0	0	0	0	30	1	24	1	0	3	3	58	GF	
Peach Berry Sunset	100	0	0	0	0	0	24	1	18	0	0	3	0	67	GF	K
Strawberry Banana	120	0	0	0	0	0	29	1	21	0	0	3	0	74	GF	
Tropical Storm	130	0	0	0	0	0	31	1	23	1	0	0	0	55	GF	
Verry Berry	110	0	0	0	0	0	26	2	20	0	0	3	0	71	GF	



USA NUTRITIONAL FACTS based on 8 fl.oz. (210g) serving. Last updated 09/30/14

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

# shakes USA

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)
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## LOW FAT VANILLA

Chai Tea	210	3	2	0	0	169	41	0	35	6	19	0	3	0	
Coffee	200	6	4	0	17	113	28	1	27	7	22	6	9	0	GF K
Egg Nog	190	5	3	0	22	113	30	0	28	7	22	0	9	0	K
Lychee Green Tea	170	4	3	0	15	99	28	1	27	7	20	2	8	40	GF
Mint Chip	220	7	4	0	17	111	33	1	32	7	21	8	8	0	GF K

## NON FAT VANILLA

Açai Blueberry	220	3	2	0	0	167	44	1	38	6	19	0	4	3	
Apple Pie	220	3	2	0	0	202	43	1	33	6	16	2	3	154	
Banana Cinnamon	230	3	2	0	0	147	45	1	34	6	16	0	3	10	
Blueberry	200	3	2	0	0	146	39	2	32	5	15	0	3	4	
Candy Cane	240	3	2	0	0	167	49	0	44	6	19	0	3	0	
Coconut Cream Pie	230	6	5	0	0	197	47	1	39	7	19	2	3	0	
Coffee	230	4	3	0	0	170	44	1	37	7	19	5	3	0	
Gingerbread	250	3	2	0	0	188	50	0	42	6	19	0	3	0	
Keylime Pie	250	3	2	0	0	191	49	0	41	7	19	0	3	36	
Lemon Meringue Pie	280	9	3	0	0	185	45	0	38	7	19	0	3	0	
Matcha Green Tea	220	3	2	0	0	171	42	1	36	7	20	0	3	2	
Mint Chocolate Chip	240	4	3	0	0	168	46	1	40	7	19	5	3	0	
Mint Cookies N Cream	270	5	3	0	0	226	52	1	40	7	19	5	3	0	
Oreo Cookies N Cream	260	5	3	0	0	228	49	1	38	7	19	5	3	0	
Piña Colada	220	5	5	0	0	171	47	1	40	6	17	0	3	5	
Raspberry	200	3	2	0	0	146	39	4	29	6	16	3	3	26	
Red Velvet	240	4	3	0	5	165	46	0	0	6	18	0	4	0	
Strawberry	190	3	2	0	0	146	37	1	29	5	16	3	3	40	
Strawberry Cheesecake	270	9	6	0	40	237	41	1	34	7	18	3	9	21	

## LOW FAT CHOCOLATE

Chocolate Bar	220	4	3	0	8	133	40	1	36	7	23	7	7	2	GF K
Chocolate Cookies N Cream	250	5	2	0	8	193	46	1	36	8	22	7	6	2	
Chocolate Peppermint	220	3	2	0	8	132	43	0	40	7	22	3	6	2	GF K
Chocolate Raspberry Cupcake	210	3	2	0	5	114	38	4	30	7	21	9	6	26	GF K
Mocha	240	6	4	0	7	156	42	1	36	7	17	7	5	0	