



Nutritional Fact Sheet

Frozen Yogurt (Toppings value not included)	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Kids – Tart *	3.5 oz **	88	9	< 1	0.0	4.5	39.5	18.5	0.0	15.8	2.5
Regular – Tart *	5.5 oz **	138	14	< 1.5	0.0	7.0	62.0	29.0	0.0	24.8	4.0
Large – Tart *	7.5 oz **	188	19	< 2	0.0	9.5	84.5	39.5	0.0	33.8	5.5
Pint – Tart *	11 oz **	275	28	2.8	0.0	13.8	123.8	57.8	0.0	49.5	8.3
Decadent Dark Chocolate *	1 oz	30	0	0.0	0.0	0.0	16.3	6.5	0.3	4.5	0.8
Kids – Decadent Dark Chocolate *	3.5 oz **	105	0	0.0	0.0	0.0	57.0	22.8	< 1	15.8	2.5
Regular – Decadent Dark Chocolate *	5.5 oz **	165	0	0.0	0.0	0.0	89.5	35.8	< 1.5	24.8	4.0
Large – Decadent Dark Chocolate *	7.5 oz **	225	0	0.0	0.0	0.0	122.0	48.8	< 2	33.8	5.5
Pint – Decadent Dark Chocolate *	11 oz **	330	0	0.0	0.0	0.0	178.8	71.5	2.8	49.5	8.3
Toppings											
Almonds	1 scoop	48	38	4.0	0.0	0.0	3.0	2.0	1.0	0.0	2.0
Andes Chips	1 scoop	90	54	6.0	5.0	0.0	9.0	10.0	0.0	9.0	1.0
Banana	1 scoop	16	1	0.0	0.0	0.0	0.0	4.0	0.0	2.0	0.0
Blackberries	1 scoop	13	1	0.0	0.0	0.0	0.0	3.0	1.0	1.0	0.0
Blueberries	1 scoop	10	1	0.0	0.0	0.0	1.0	2.0	0.0	2.0	0.0
Captain Crunch	1 scoop	15	2	0.0	0.0	0.0	26.0	3.0	0.0	2.0	0.0
Chocolate Chips - Milk	1 scoop	84	49	5.0	3.0	6.0	12.0	11.0	1.0	10.0	1.0
Chocolate Chips - White	1 scoop	96	43	5.0	4.0	0.0	36.0	11.0	0.0	11.0	1.0
Coconut	1 scoop	58	28	3.0	3.0	0.0	2.0	8.0	2.0	5.0	0.0
Dried Cranberry	1 scoop	56	0	0.0	0.0	0.0	0.0	14.0	1.0	11.0	0.0
Fruity Pebbles	1 scoop	26	2	0.0	0.0	0.0	43.0	6.0	1.0	3.0	0.0
Graham Cracker	1 scoop	60	12	1.0	0.0	0.0	95.0	11.0	0.0	3.0	1.0
Granola	1 scoop	27	3	0.0	0.0	0.0	27.0	6.0	0.0	2.0	1.0
Gummy Bears	1 scoop	75	0	0.0	0.0	0.0	19.0	18.0	0.0	13.0	1.0
Kiwi	1 scoop	12	1	0.0	0.0	0.0	1.0	3.0	1.0	2.0	0.0
M & M's	1 scoop	117	45	5.0	3.0	3.0	14.0	17.0	1.0	15.0	1.0
Mandarin Oranges	1 scoop	17	0	0.0	0.0	0.0	3.0	4.0	0.0	3.0	0.0
Mango	1 scoop	17	0	0.0	0.0	0.0	2.0	3.0	0.0	4.0	0.0
Oreo	1 scoop	52	18	2.0	1.0	0.0	60.0	8.0	0.0	4.0	0.0
Pineapple	1 scoop	9	1	0.0	0.0	0.0	0.0	2.0	0.0	2.0	0.0
Raspberries	1 scoop	14	1	0.0	0.0	0.0	0.0	3.0	2.0	1.0	0.0
Reese's Peanut Butter Pieces	1 scoop	88	40	4.0	3.0	0.0	33.0	10.0	0.0	9.0	2.0
Strawberries	1 scoop	4	0	0.0	0.0	0.0	0.0	1.0	0.0	1.0	0.0
Walnuts	1 scoop	86	72	8.0	1.0	0.0	0.0	2.0	1.0	0.0	3.0

* Contains Live active cultures: *L. Bulgaricus*, *L. Acidophilus* and *S. Thermophilus*.

** Frozen Yogurt weight may vary.



Nutritional Fact Sheet

Smoothies	Serving Size	Calories	Fat Calories	Total Fat (g)	Sat. Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)
Plain Tart Base * †	20 oz	200	20	2.0	0.0	10.0	90.0	42.0	0.0	36.0	6.0
Dark Chocolate Base * †	20 oz	240	0	0.0	0.0	0.0	130.0	52.0	2.0	36.0	6.0
Banana	1 scoop	29	1	0.1	0.0	0.0	0.0	6.6	0.7	5.7	0.3
Blackberries	1 scoop	16	1	0.1	0.0	0.0	0.0	3.6	1.5	1.2	0.2
Blueberries	1 scoop	18	1	0.1	0.0	0.0	2.0	4.0	0.8	4.9	0.2
Coconut	1 scoop	82	38	4.5	3.8	0.0	3.2	10.8	2.5	11.0	0.7
Kiwi	1 scoop	19	1	0.1	0.0	0.0	0.0	4.2	1.0	3.9	0.3
Mandarin Oranges	1 scoop	25	0	0.0	0.0	0.0	4.7	5.9	0.3	5.0	0.3
Mango	1 scoop	27.5	0	0.0	0.0	0.0	2.5	4.3	0.5	6.3	0.0
Pineapple	1 scoop	15	1	0.1	0.0	0.0	0.0	3.5	0.3	3.8	0.1
Raspberries	1 scoop	15	1	0.2	0.0	0.0	0.0	3.3	1.9	2.0	0.3
Strawberries	1 scoop	10	1	0.1	0.0	0.0	0.0	2.0	0.7	1.6	0.2
Smoothie Supplement – Fiber Basics	1 scoop	5	0	0.0	0.0	0.0	0.0	4.0	4.0	0.0	0.0
Smoothie Supplement – Whey Protein	1 scoop	25	0	0.0	0.0	0.0	10.0	0.0	0.0	0.0	6.0
Freshpops											
Strawberry *	1	68	3	0.4	0.0	3.0	25.0	14.4	0.7	13.3	1.9
Blueberry *	1	76	3	0.4	0.0	3.0	27.0	16.4	0.8	16.6	1.9
Mixed Berries *	1	74	3	0.5	0.0	3.0	25.0	15.8	1.8	14.9	1.9
Pineapple *	1	74	3	0.4	0.0	3.0	25.0	15.9	0.3	15.5	1.8
Mango *	1	72	2	0.3	0.0	3.0	27.0	15.9	0.4	18.0	1.7
Kiwi *	1	77	3	0.4	0.0	3.0	26.0	16.6	1.0	15.5	2.0
Banana *	1	87	3	0.4	0.1	3.0	25.0	19.0	0.7	17.4	2.0

* Contains Live active cultures: *L. Bulgaricus*, *L. Acidophilus* and *S. Thermophilus*.

** Frozen Yogurt weight may vary.

† Fruit Toppings value not included. Smoothies made with choice of 2 fruits.