



## Nutritional Fact Sheet

| Frozen Yogurt<br>(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) | Sugar Alcohol (g) | Protein (g) |
|------------------------------------------------|--------------|----------|--------------|---------------|--------------|-----------|-------------|----------|-------------------|-----------|-------------------|-------------|
| FreshBerry Tart * ♡                            | 4 oz         | 93       | 0            | 0             | 0            | 0         | 61          | 20       | 0                 | 19        | 0                 | 4           |
| Decadent Dark Chocolate * ♡                    | 4 oz         | 113      | 0            | 0             | 0            | 0         | 61          | 25       | 1                 | 17        | 0                 | 3           |
| Vanilla No Sugar Added * ♡                     | 4 oz         | 74       | 0            | 0             | 0            | 0         | 74          | 15       | 0                 | 6         | 5                 | 4           |
| Classic Strawberry * ♡                         | 4 oz         | 112      | 25           | 3             | 2            | 5         | 61          | 19       | 0                 | 15        | 0                 | 4           |
| Pomegranate * ♡                                | 4 oz         | 93       | 0            | 0             | 0            | 0         | 61          | 20       | 0                 | 19        | 0                 | 4           |
| Acai Berry * ♡                                 | 4 oz         | 93       | 0            | 0             | 0            | 0         | 61          | 20       | 0                 | 19        | 0                 | 4           |
| Mango * ♡                                      | 4 oz         | 93       | 0            | 0             | 0            | 0         | 61          | 20       | 0                 | 19        | 0                 | 4           |
| <b>Smoothies</b>                               |              |          |              |               |              |           |             |          |                   |           |                   |             |
| FreshBerry Tart Base * ♡ †                     | 20 oz        | 276      | 0            | 0             | 0            | 0         | 166         | 59       | 0                 | 57        | 0                 | 10          |
| NSA Vanilla Base * ♡ †                         | 20 oz        | 202      | 0            | 0             | 0            | 0         | 202         | 40       | 0                 | 15        | 10                | 6           |
| Supplement – Fiber Fuel (Apple Pectin)         | 1 scoop      | 40       | 0            | 0             | 0            | 0         | 115         | 9        | 6                 | 0         | 0                 | 1           |
| Supplement – Pure Protein                      | 1 scoop      | 143      | 14           | 1.7           | 1.1          | 17.2      | 74          | 3        | 0                 | 2.8       | 0.0               | 28.6        |
| <b>Freshpops</b>                               |              |          |              |               |              |           |             |          |                   |           |                   |             |
| Strawberry *                                   | 1            | 68       | 3            | 0.4           | 0.0          | 3         | 25          | 14.4     | 0.7               | 13.3      | 0.0               | 1.9         |
| Blueberry *                                    | 1            | 76       | 3            | 0.4           | 0.0          | 3         | 27          | 16.4     | 0.8               | 16.6      | 0.0               | 1.9         |
| Mixed Berries *                                | 1            | 74       | 3            | 0.5           | 0.0          | 3         | 25          | 15.8     | 1.8               | 14.9      | 0.0               | 1.9         |
| Pineapple *                                    | 1            | 74       | 3            | 0.4           | 0.0          | 3         | 25          | 15.9     | 0.3               | 15.5      | 0.0               | 1.8         |
| Mango *                                        | 1            | 72       | 2            | 0.3           | 0.0          | 3         | 27          | 15.9     | 0.4               | 18.0      | 0.0               | 1.7         |
| Kiwi *                                         | 1            | 77       | 3            | 0.4           | 0.0          | 3         | 26          | 16.6     | 1.0               | 15.5      | 0.0               | 2.0         |
| Banana *                                       | 1            | 87       | 3            | 0.4           | 0.1          | 3         | 25          | 19.0     | 0.7               | 17.4      | 0.0               | 2.0         |
| <b>Toppings</b>                                |              |          |              |               |              |           |             |          |                   |           |                   |             |
| Almonds                                        | 1 scoop      | 48       | 38           | 4             | 0            | 0         | 3           | 2        | 1                 | 0         | 0                 | 2           |
| Banana                                         | 1 scoop      | 16       | 1            | 0             | 0            | 0         | 0           | 4        | 0                 | 2         | 0                 | 0           |
| Blackberries                                   | 1 scoop      | 13       | 1            | 0             | 0            | 0         | 0           | 3        | 1                 | 1         | 0                 | 0           |
| Blueberries                                    | 1 scoop      | 10       | 1            | 0             | 0            | 0         | 1           | 2        | 0                 | 2         | 0                 | 0           |
| Captain Crunch                                 | 1 scoop      | 15       | 2            | 0             | 0            | 0         | 26          | 3        | 0                 | 2         | 0                 | 0           |
| Chocolate Chips - Milk                         | 1 scoop      | 84       | 49           | 5             | 3            | 6         | 12          | 11       | 1                 | 10        | 0                 | 1           |
| Chocolate Chips - White                        | 1 scoop      | 96       | 43           | 5             | 4            | 0         | 36          | 11       | 0                 | 11        | 0                 | 1           |
| Coconut                                        | 1 scoop      | 58       | 28           | 3             | 3            | 0         | 2           | 8        | 2                 | 5         | 0                 | 0           |
| Fruity Pebbles                                 | 1 scoop      | 26       | 2            | 0             | 0            | 0         | 43          | 6        | 1                 | 3         | 0                 | 0           |
| Graham Cracker                                 | 1 scoop      | 60       | 12           | 1             | 0            | 0         | 95          | 11       | 0                 | 3         | 0                 | 1           |
| Granola                                        | 1 scoop      | 27       | 3            | 0             | 0            | 0         | 27          | 6        | 0                 | 2         | 0                 | 1           |
| Gummy Bears                                    | 1 scoop      | 75       | 0            | 0             | 0            | 0         | 19          | 18       | 0                 | 13        | 0                 | 1           |
| Kiwi                                           | 1 scoop      | 12       | 1            | 0             | 0            | 0         | 1           | 3        | 1                 | 2         | 0                 | 0           |
| M & M's                                        | 1 scoop      | 117      | 45           | 5             | 3            | 3         | 14          | 17       | 1                 | 15        | 0                 | 1           |
| Mandarin Oranges                               | 1 scoop      | 17       | 0            | 0             | 0            | 0         | 3           | 4        | 0                 | 3         | 0                 | 0           |
| Mango                                          | 1 scoop      | 17       | 0            | 0             | 0            | 0         | 2           | 3        | 0                 | 4         | 0                 | 0           |
| Oreo                                           | 1 scoop      | 52       | 18           | 2             | 1            | 0         | 60          | 8        | 0                 | 4         | 0                 | 0           |
| Pineapple                                      | 1 scoop      | 9        | 1            | 0             | 0            | 0         | 0           | 2        | 0                 | 2         | 0                 | 0           |
| Raspberries                                    | 1 scoop      | 14       | 1            | 0             | 0            | 0         | 0           | 3        | 2                 | 1         | 0                 | 0           |
| Reese's Peanut Butter Pieces                   | 1 scoop      | 88       | 40           | 4             | 3            | 0         | 33          | 10       | 0                 | 9         | 0                 | 2           |
| Strawberries                                   | 1 scoop      | 4        | 0            | 0             | 0            | 0         | 0           | 1        | 0                 | 1         | 0                 | 0           |

♡ Gluten Free and 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.

Updated 4/21/2009