



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)	Sugar Alcohol (g)	Protein (g)
FreshBerry Tart * ♡	4 oz	126	0	0	0	0	82	26	0	25	0	5
Decadent Dark Chocolate * ♡	4 oz	153	0	0	0	0	83	33	1	23	0	4
Vanilla No Sugar Added * ♡	4 oz	100	0	0	0	0	100	20	0	7	5	5
Classic Strawberry * ♡	4 oz	151.01	31	4	3	6	82	25	0	20	0	5
Pomegranate * ♡	4 oz	126	0	0	0	0	82	26	0	25	0	5
Acai Berry * ♡	4 oz	126	0	0	0	0	82	26	0	25	0	5
Mango * ♡	4 oz	126	0	0	0	0	82	26	0	25	0	5
Smoothies												
FreshBerry Tart Base * ♡ †	20 oz	283	0	0	0	0	184	59	0	57	0	11
NSA Vanilla Base * ♡ †	20 oz	224	0	0	0	0	224	45	0	17	11	11
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
Freshpops												
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
Toppings												
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.