



NUTRITION FACTS INFORMATION

Quantity
 Calories per 28g (1WT. OZ.)
 Calories %DV
 Calories from Fat
 Protein (g)
 Carbohydrates (g)
 Carbohydrates (%DV)
 Fiber (g)
 Sugar (g)
 Fat (g)
 Fat (%DV)
 Saturated Fat (g)
 Trans Fat (g)
 Cholesterol (mg)
 Vitamin A (%DV)
 Vitamin C (%DV)
 Calcium (%DV)
 Iron (%DV)
 Sodium (%DV)

WITH 2% MILK AND TART

	Quantity	Calories per 28g (1WT. OZ.)	Calories %DV	Calories from Fat	Protein (g)	Carbohydrates (g)	Carbohydrates (%DV)	Fiber (g)	Sugar (g)	Fat (g)	Fat (%DV)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Sodium (%DV)
ACAIBERRY	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	0	
BLUEBERRY	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
COCONUT	28	30	1.5	5	1	6	2	0	4	0	0	0	0	0	0	4	0	0	
GRAPE	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
GREEN APPLE	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
GREEN TEA	28	30	1.5	5	1	6	2	0	4	0	0	0	0	0	0	4	0	0	
GUAVA	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	4	0	0	
KIWI	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
LEMON	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
LYCHEE	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
LYCHEE MANGO	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
MANGO	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
MANGO PEACH	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
MANGO PINEAPPLE	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
MINT	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
MIXED FRUIT	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
ORANGE	28	30	1.5	5	1	6	2	0	6	0	0	0	0	0	2	2	0	1	
ORANGE LYCHEE	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
ORANGE MANGO	28	30	1.5	5	1	6	2	0	6	0	0	0	0	0	0	2	0	1	
ORANGE PINEAPPLE	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
ORANGE RASPBERRY	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
PASSION FRUIT	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
PAPAYA	28	30	1.5	5	1	6	2	0	4	0	0	0	0	0	0	4	0	0	
PEACH	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
PINA COLADA	28	30	1.5	5	1	7	2	0	4	0	0	0	0	0	0	4	0	0	
PINEAPPLE	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
PINEAPPLE GUAVA	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
PINK LEMONADE	28	35	2	5	1	1	2	0	6	0	0	0	0	0	8	2	0	0	
PLAIN TART	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
POMEGRANATE	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
POMEGRANATE RASPBERRY	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	0	
RASPBERRY	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
STRAWBERRY	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
STRAWBERRY BANANA	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	
TRIPLE BERRY	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	0	
TROPICAL	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
TUTTI FRUTTI	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	0	1	
WATERMELON	28	30	1.5	5	1	7	2	0	4	0	0	0	0	0	0	4	0	0	
YACOO	28	30	1.5	5	1	7	2	0	5	0	0	0	0	0	0	4	0	0	

Quantity
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Calories %DV

Calories from Fat
Protein (g)

Carbohydrates (g)
Carbohydrates (%DV)
Fiber (g)

Sugar (g)
Fat (g)

Fat (%DV)
Saturated Fat (g)

Trans Fat (g)
Cholesterol (mg)

Vitamin A (%DV)
Vitamin C (%DV)

Calcium (%DV)
Iron (%DV)

Sodium (%DV)

WITH 2% MILK AND CREAM

PLAIN CREAM	28	28	1	3	1	6	2	0	5	0	0	0	0	0	0	0	3	0	0.5
ALMOND	28	35	2	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
BANANA	28	35	2	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
BANANA PUDDING	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	0	4	0	1
BIRTHDAY CAKE	28	35	2	0	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
BLUEBERRY CHEESECAKE	28	35	2	10	1	8	3	0	6	0	0	0	0	0	0	0	4	0	1
BLUEBERRY MUFFIN	28	35	2	5	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
BUBBLE GUM	28	30	1.5	5	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
CHEESECAKE	28	33	1	5	1	6	2	0	5	1	2	0	0	0	0	0	2	0	1
CHOCOLATE COVERED STRAWBERRIES	28	30	1.5	5	1	6	2	0	6	0	0	0	0	0	0	2	2	0	1
CHOCOLATE PB CUP	28	38	2	10	1	7	2	0	6	1	2	0	0	0	0	0	4	0	1
COCONUT	28	35	2	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
COOKIES N CREAM	28	35	2	7	1	7	2	0	6	0.5	1	0	0	0	0	0	2	0	1
COTTON CANDY	28	30	1.5	5	1	7	2	0	6	0	0	0	0	0	0	0	4	0	1
CREMED CORN	28	25	1	5	1	6	2	0	5	0	0	0	0	0	0	0	2	0	1
GREEN TEA	28	35	2	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
GUAVA	28	35	2	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
HAZELNUT CHOCOLATE	28	35	2	5	1	6	2	0	6	1	2	0	0	0	0	0	4	0	1
HONEYDEW	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	0	4	0	1
MILK TEA	28	27	1	5	1	5	2	0	5	0	0	0	0	0	0	0	2	0	0
MINT	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	0	2	0	1
PAPAYA	28	35	2	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
PEANUT BUTTER	28	40	2	10	1	7	2	0	5	1	2	0	0	0	0	0	4	0	1
PINA COLADA	28	35	2	5	1	8	3	0	5	0	0	0	0	0	0	0	4	0	1
PISTACHIO	28	40	2	5	1	7	2	0	5	0.5	1	0	0	0	0	0	4	0	1
PUMPKIN PATCH	28	30	1.5	5	1	7	2	0	6	0	0	0	0	0	0	0	2	0	1
RASPBERRY CHEESECAKE	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	2	2	0	1
RED BEAN	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	0	0	0	1
RED BEAN GREEN TEA	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	0	4	0	1
STRAWBERRY BANANA	28	35	2	5	1	8	3	0	5	0	0	0	0	0	0	0	4	0	1
STRAWBERRY CHEESECAKE	28	30	2	5	1	6	2	0	5	0	0	0	0	0	0	2	2	0	1
STRAWBERRY SHORTCAKE	28	35	2	5	1	8	3	0	6	0	0	0	0	0	0	2	4	0	1
TARO	28	35	2	5	1	7	2	0	5	0	0	0	0	0	0	0	4	0	1
TOASTED MARSHMALLOW	28	30	2	5	1	7	2	0	6	0	0	0	0	0	0	0	2	0	1

WITH 2% MILK & VANILLA

VANILLA	28	30	1.5	5	1	6	2	0	5	0	0	0	0	0	0	0	4	0	1
GINGERBREAD	28	32	2	5	1	7	2	0	6	0	0	0	0	0	0	0	2	0	1

WITH 2% MILK & CHOCOLATE

CHOCOLATE	28	30	1.5	5	1	6	2	0	5	0.5	1	0	0	0	2	0	4	0	1
CHOCOLATE COVERED COFFEE BEAN	28	30	1.5	4	1	6	2	0	5	0.5	1	0	0	0	1	0	4	0	1
CHOCOLATE MINT	28	30	1.5	5	1	6	2	0	5	0.5	1	0	0	0	2	0	4	0	1
CHOCOLATE PEANUT BUTTER	28	35	2	5	1	6	2	0	5	0.5	1	0	0	0	0	0	4	0	1
CHOCOLATE RASPBERRY	28	30	1.5	5	1	7	2	0	6	0.5	1	0	0	0	2	0	4	0	1
CHOCOLATE STRAWBERRY	28	30	1.5	5	1	7	2	0	6	0.5	1	0	0	0	2	0	4	0	1

WITH 2% MILK & COFFEE

COFFEE	28	30	1.5	2	1	6	2	0	5	0	0	0	0	0	0	0	4	0	1
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WITH 2% MILK & RED VELVET

RED VELVET	28	25	1	5	1	5	2	0	5	0.5	1	0	0	0	0	0	4	0	1
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WITH 2% MILK & NSA

NSA CHOCOLATE	28	25	1	5	1	5	2	0	1	0.5	1	0	0	0	0	0	4	2	1
NSA VANILLA	28	25	1	5	1	6	2	0	1	0	0	0	0	0	0	0	4	0	1

WITH 2% MILK & SALTED CARAMEL

SALTED CARAMEL	28	27	1	5	1	6	2	0	5	0	0	0	0	0	0	0	4	0	1
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Quantity
Calories per 28g (LWT, OZ.)
Calories %DV

Calories from Fat
Protein (g)

Carbohydrates (g)
Carbohydrates (%DV)

Fiber (g)

Sugar (g)

Fat (g)

Fat (%DV)

Saturated Fat (g)

Trans Fat (g)

Cholesterol (mg)

Vitamin A (%DV)

Vitamin C (%DV)

Calcium (%DV)

Iron (%DV)

Sodium (%DV)

SORBET WITH JUICE

Grape Sorbet	28	27	1	0	0	8	3	0	5	0	0	0	0	0	2	1	0	0	0
Green Apple Sorbet	28	25	1	0	0	7	2	0	4	0	0	0	0	0	1	4	0	0	0
Mango Sorbet	28	28	1	0	0	8	3	0	4	0	0	0	0	0	3	6	0	0	0
Energy Sorbet	28	25	1	0	0	6	2	0	5	0	0	0	0	0	0	0	0	0	1
Pineapple Sorbet	28	27	1	0	0	8	3	0	4	0	0	0	0	0	2	2	0	0	1
Strawberry Apple Sorbet	28	24	1	0	0	8	3	0	4	0	0	0	0	0	1	6	0	0	0
Tropical Sorbet	28	27	1	0	0	8	3	0	4	0	0	0	0	0	2	5	0	0	1

SORBET WITH WATER

Blueberry	28	23	1	0	0	7	2	0	3	0	0	0	0	0	0	0	0	0	0
Kiwi	28	22	1	0	0	7	2	0	4	0	0	0	0	0	0	3	0	0	0
Lemon	28	23	1	0	0	6	2	0	4	0	0	0	0	0	2	0	0	0	0
Lychee	28	23	1	0	0	7	2	0	4	0	0	0	0	0	1	0	0	0	0
Mango Pineapple Sorbet	28	25	1	0	0	7	2	0	4	0	0	0	0	0	2	0	2	0	0
Orange Pineapple Sorbet	28	24	1	0	0	5	2	0	4	0	0	0	0	0	2	0	2	0	1
Passion Fruit	28	24	1	0	0	7	2	0	4	0	0	0	0	0	1	2	0	0	0
Peach	28	23	1	0	0	7	2	0	4	0	0	0	0	0	1	0	0	0	0
Pink Lemonade	28	21	1	0	0	6	2	0	3	0	0	0	0	0	6	0	0	0	0
Pomegranate	28	25	1	0	0	7	2	0	1	0	0	0	0	0	0	0	0	0	0
Raspberry	28	23	1	0	0	7	2	0	3	0	0	0	0	0	1	0	0	0	0
Strawberry	28	22	1	0	0	7	2	0	4	0	0	0	0	0	1	3	0	0	0
Tuti Frutti Sorbet	28	23	1	0	0	7	2	0	4	0	0	0	0	0	1	0	0	0	0
Yacoo	28	25	1	0	0	7	2	0	4	0	0	0	0	0	1	1	0	0	0

SOY WITH WATER

Soy with water	28	25	1	0	1.5	6	2	0	4	0	0	0	0	0	0	0	0	0	1
Almond Soy	28	30	1.5	3	1.5	7	2	0	4	0	0	0	0	0	0	0	0	0	1
Black Sesame Soy	28	30	1.5	3	1.5	6	2	0	4	0	0	0	0	0	0	1.5	1	1	
P-nut Butter Banana Sandwich	28	35	2	8	1.5	6	2	0	4	0.5	1	0	0	0	0	0	0	1	
Peanut Butter Soy	28	34	2	7	1.5	6	2	0	4	0.5	1	0	0	0	0	0	0	1	
Soy Banana Milk	28	26	1	0	1.5	6	2	0	4	0	0	0	0	0	0	0	0	1	
Soy + Plus	28	30	1.5	1	1.5	6	2	0	5	0	0	0	0	0	0	2	2	1	
Soy Red Bean	28	30	1.5	0	1.5	7	2	0	5	0	0	0	0	0	0	0	0	1	
Soy Latte	28	26	1	0	1.5	6	2	0	4	0	0	0	0	0	0	0	0	1	
Soy Taro	28	27	1	0	1.5	6	2	0	4	0	0	0	0	0	0	0	0	1	

* No Sugar Added

**Allergen Information: Our yogurt is processed in a facility that processes wheat, soy, dairy, tree nuts, and peanuts.