



## Bananas Smoothies + Frozen Yogurt Nutrition Information - US

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Trans Fatty Acid (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Real Fruit Smoothies</b>												
Acai Super Charge	16 oz	260	30	3.4	0	1.0	2.6	122	49	2	40	5
Acai Super Charge	24 oz	390	45	5.1	0	1.5	3.9	183	74	3	61	8
Bananaberry Smoothie	16 oz	230	5	0.2	0	0.2	2.6	116	52	2	39	5
Bananaberry Smoothie	24 oz	405	5	0.4	0	0.4	3.9	173	93	4	70	7
Brazilian Sunrise	16 oz	515	155	17.2	0	3.3	1.3	81	77	8	47	12
Brazilian Sunrise	24 oz	780	230	25.7	0	4.9	2.6	148	117	11	73	19
Caribbean Berry Smoothie	16 oz	330	40	4.4	0	4.2	2.0	98	68	2	54	4
Caribbean Berry Smoothie	24 oz	480	70	7.6	0	7.0	2.0	109	101	6	78	6
Green Smoothie	16 oz	295	5	0.5	0	0.3	2.6	138	68	4	49	6
Green Smoothie	24 oz	530	10	0.9	0	0.6	3.9	211	125	7	89	9
Mango Magic Smoothie	16 oz	250	15	1.4	0	1.4	1.3	67	58	3	51	3
Mango Magic Smoothie	24 oz	310	25	2.8	0	2.8	2.0	103	69	3	60	4
Muscle Builder	16 oz	585	235	26.3	0	4.2	2.6	472	75	6	52	17
Muscle Builder	24 oz	920	355	39.5	0	6.4	3.9	708	123	10	85	25
Pb&J Crunch	16 oz	650	250	27.7	0	4.6	2.6	535	87	8	52	19
Pb&J Crunch	24 oz	1005	370	41.2	0	6.8	3.9	784	139	12	87	28
Pina Colada Smoothie	16 oz	260	40	4.2	0	4.2	2.6	134	50	1	43	4
Pina Colada Smoothie	24 oz	410	65	7.1	0	7.0	3.9	202	77	1	67	6
Pomegranate Splash	16 oz	275	0	0.0	0	0.2	2.6	121	60	1	50	4
Pomegranate Splash	24 oz	440	0	0.0	0	0.3	3.9	181	97	2	82	6
Strawberry Smoothie	16 oz	240	0	0.0	0	0.2	2.6	116	54	1	46	4
Strawberry Smoothie	24 oz	365	0	0.0	0	0.3	3.9	174	82	1	69	6
Super Fruit Smoothie	16 oz	315	30	3.0	0	2.9	2.6	125	67	2	53	5
Super Fruit Smoothie	24 oz	420	40	4.4	0	4.3	2.6	135	91	3	75	5
The Extreme	16 oz	310	15	1.6	0	0.6	2.6	120	66	1	56	5
The Extreme	24 oz	530	30	3.2	0	1.1	3.9	183	111	2	95	7

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Trans Fatty Acid (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
<b>Non-Dairy Smoothies</b>												
Bananaberry Frostie	16 oz	180	5	0.2	0	0.1	0.0	9	45	2	35	1
Bananaberry Frostie	24 oz	295	5	0.4	0	0.1	0.0	13	76	4	57	3
Mango Magic Frostie	16 oz	190	25	2.8	0	2.7	0.0	19	43	2	38	1
Mango Magic Frostie	24 oz	225	25	2.8	0	2.7	0.0	21	53	3	47	1
Pina Colada Frostie	16 oz	180	50	5.7	0	5.4	0.0	31	32	1	30	0
Pina Colada Frostie	24 oz	240	65	7.1	0	6.7	0.0	43	44	1	40	1
Strawberry Frostie	16 oz	160	0	0.0	0	0.0	0.0	9	40	1	35	1
Strawberry Frostie	24 oz	195	0	0.0	0	0.0	0.0	14	49	1	43	1
Superfruit Frostie	16 oz	200	30	3.0	0	2.8	0.0	20	46	2	36	1
Superfruit Frostie	24 oz	305	40	4.4	0	4.1	0.0	29	69	3	57	2
<b>Fresh Squeezed Juices</b>												
Apple Juice	16 oz	245	10	0.8	0	0.1	0.0	5	65	11	49	1
Beet Booster	16 oz	225	10	0.9	0	0.1	0.0	39	57	12	44	3
Carrot Juice	16 oz	195	10	1.1	0	0.2	0.0	326	45	13	22	4
Classic Detoxifier	16 oz	220	10	1.1	0	0.2	0.0	177	55	12	34	3
Lean Green	16 oz	160	10	0.8	0	0.2	0.0	28	41	7	26	3
Orange Juice	16 oz	225	10	0.0	0	0.0	0.0	5	52	1	42	3
Purple Popeye	16 oz	130	10	0.8	0	0.2	0.0	116	31	7	19	5
Zen Goodness	16 oz	210	10	0.9	0	0.2	0.0	178	53	13	32	3
<b>Boosts</b>												
Boost - Acai	1 oz	55	15	1.6	0	0.4	0.0	3	9	0	8	1
Boost - Avocado	1/4	70	55	6.2	0	0.9	0.0	3	4	3	0	1
Boost - Energy	5 g	20	0	0.0	0	0.0	0.0	0	5	0	0	0
Boost - Granola	1 oz	110	15	1.6	0	0.4	0.0	73	23	2	8	2
Boost - Peanut Butter	1 oz	165	120	13.0	0	2.0	0.0	179	8	2	3	6
Boost - Pomegranate	1 oz	45	0	0.0	0	0.0	0.0	3	10	0	9	0

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Trans Fatty Acid (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Boost - Spinach	1 oz	10	0	0.1	0	0.0	0.0	22	1	1	0	1
Boost - Protein	5 g	30	0	0.0	0	0.0	0.0	15	2	0	0	5
<b>Nonfat Frozen Yogurt</b>												
Chocolate Fro Yo/Cake Cone	1 cone	155	5	0.3	0	0.1	0.0	84	30	1	22	6
Chocolate Fro Yo/Waffle Cone	1 cone	185	10	1.0	0	0.0	0.0	98	37	1	26	6
Vanilla Fro Yo/Cake Cone	1 cone	115	5	0.3	0	0.2	2.3	106	22	0	16	3
Vanilla Fro Yo/Waffle Cone	1 cone	180	10	1.0	0	0.2	2.9	148	35	0	24	5
Sundae (Sm)	3 oz	140	0	0.0	0	0.2	3.3	136	27	0	22	4
Sundae (Reg)	5 oz	230	0	0.0	0	0.4	5.2	218	44	0	35	7
<b>Nonfat Frozen Yogurt Toppings</b>												
Almonds	1 tbsp	40	30	3.3	0	0.3	0.0	0	1	1	0	1
Apple	1/4 piece	15	0	0.1	0	0.0	0.0	0	4	1	3	0
Banana	1/4 piece	25	0	0.1	0	0.0	0.0	0	6	1	3	0
Blueberry	1 oz	15	0	0.1	0	0.0	0.0	0	4	1	3	0
Brown Sugar	1 tbsp	35	0	0.0	0	0.0	0.0	3	9	0	9	0
Carob Chips	1 tbsp	40	20	2.3	0	2.0	0.0	0	5	0	5	0
Cinnamon Sugar	1 tbsp	40	0	0.0	0	0.0	0.0	0	11	1	9	0
Coconut	1 tbsp	25	15	1.5	0	1.4	0.0	15	3	1	2	0
Dried Cranberries	1 tbsp	25	0	0.1	0	0.0	0.0	0	6	0	5	0
Granola	1 tbsp	25	5	0.4	0	0.1	0.0	16	5	0	2	1
Honey	1 tbsp	65	0	0.0	0	0.0	0.0	1	17	0	16	0
Mango	1 oz	20	0	0.0	0	0.0	0.0	0	5	1	4	0
Maple Syrup	1 tbsp	55	0	0.0	0	0.0	0.0	12	14	0	8	0
Milk	2 oz	38	20	2.0	0	1.1	6.1	26	3	0	3	2
Peanut Butter	1 tbsp	80	60	6.5	0	1.0	0.0	89	4	1	2	3
Peanuts	1 tbsp	85	65	7.0	0	1.0	0.0	96	3	1	1	3
Pineapple	1 oz	15	0	0.0	0	0.0	0.0	2	3	0	3	0

	Serving Size	Calories (kcal)	Calories from Fat (kcal)	Fat (g)	Trans Fatty Acid (g)	Saturated Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Total Sugars (g)	Protein (g)
Raisins	1 tbsp	40	0	0.1	0	0.0	0.0	2	11	1	8	0
Raspberry	1 oz	15	0	0.2	0	0.0	0.0	0	3	2	1	0
Strawberry	1 oz	30	0	0.0	0	0.0	0.0	0	8	0	7	0
Trail Mix	1 tbsp	45	25	2.8	0	0.5	0.0	21	4	0	0	1
Walnuts	1 tbsp	50	45	4.9	0	0.5	0.0	0	1	1	0	1

Everything Yogurt Brands, LLC attempts to provide nutrition and allergen information that is as complete as possible. Seasonal, regional, and limited-time items are not included. The information is based on standard product offerings. Variations may occur depending on local supplier, region of the country, season of the year, and customer requests. Nutritional values are based on USDA Standard Reference values, information from our suppliers, and the Genesis R&D Nutrition Analysis Program from ESHA Research in Salem, Oregon. Revised August, 2013.

Please note that these nutrition values are estimated based on our standard serving portions. As food servings may have a slight variance each time you visit, please expect these values to be with in 10% +/- of your actual meal.