

Açaí Berry Breeze
(Lite)
(Dairy Free)

Bahama Colada
(Lite)
(Dairy Free)

Mango Dragonfruit
(Lite)
(Dairy Free)

Mango Tango
(Lite)
(Dairy Free)

Oasis
(Lite)
(Dairy Free)

Strawberry Banana Calypso
(Lite)
(Dairy Free)

ISLAND SMOOTHIE FRUIT BLEND

AÇAÍ BERRY BREEZE

Açaí, Mixed Berries, Strawberry & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	249	380	497
FAT CALORIES	12	18	25
TOTAL FAT (g)	1	2	2
SAT. FAT (g)	1	1	1
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	15	24	30
TOTAL CARB. (g)	64	98	127
DIETARY FIBER (g)	2	3	4
SUGARS (g)	58	88	116
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	8%	12%	16%
VITAMIN A	1%	1%	1%
CALCIUM	2%	3%	4%
IRON	0%	0%	1%

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ISLAND SMOOTHIE FRUIT BLEND

BAHAMA COLADA

Pineapple, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	261	400	522
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	14	17
TOTAL CARB. (g)	97	148	194
DIETARY FIBER (g)	4	6	8
SUGARS (g)	87	132	174
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	5	7
VITAMIN C	63%	94%	125%
VITAMIN A	4%	6%	8%
CALCIUM	6%	9%	12%
IRON	4%	6%	8%

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ISLAND SMOOTHIE FRUIT BLEND

MANGO DRAGONFRUIT

Dragonfruit, Mango, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	377	576	755
FAT CALORIES	16	23	31
TOTAL FAT (g)	1	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	14	17
TOTAL CARB. (g)	91	139	182
DIETARY FIBER (g)	5	8	10
SUGARS (g)	86	131	172
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	6	8
VITAMIN C	24%	36%	48%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

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ISLAND SMOOTHIE FRUIT BLEND

MANGO TANGO

Mango Blend & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	266	407	532
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	14	17
TOTAL CARB. (g)	69	105	137
DIETARY FIBER (g)	1	2	2
SUGARS (g)	67	103	135
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	45%	71%	90%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

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ISLAND SMOOTHIE FRUIT BLEND

OASIS

Strawberry, Banana, Orange, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	280	428	561
FAT CALORIES	3	5	7
TOTAL FAT (g)	0	1	1
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	12	20	25
TOTAL CARB. (g)	73	111	145
DIETARY FIBER (g)	1	2	3
SUGARS (g)	64	98	128
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	3	4
VITAMIN C	82%	130%	165%
VITAMIN A	1%	1%	1%
CALCIUM	3%	4%	6%
IRON	1%	2%	3%

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ISLAND SMOOTHIE FRUIT BLEND

STRAWBERRY BANANA CALYPSO

Strawberry Blend, Banana & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	359	478	583
FAT CALORIES	4	4	4
TOTAL FAT (g)	1	1	1
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	14	21	25
TOTAL CARB. (g)	94	126	153
DIETARY FIBER (g)	4	4	4
SUGARS (g)	75	104	131
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	4	5
VITAMIN C	23%	23%	23%
VITAMIN A	2%	2%	2%
CALCIUM	3%	4%	5%
IRON	2%	2%	2%

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ISLAND SMOOTHIE CREAM BLEND

COCONUT KULANA

Creamy Coconut blend, Vanilla Ice Cream, Whipped Cream & Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	415	617	820
FAT CALORIES	87	123	174
TOTAL FAT (g)	10	14	20
SAT. FAT (g)	7	9	13
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	67	101	134
TOTAL CARB. (g)	83	126	164
DIETARY FIBER (g)	0	0	0
SUGARS (g)	82	125	163
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	0%	0%	0%
VITAMIN A	6%	9%	12%
CALCIUM	15%	23%	30%
IRON	0%	0%	0%

ISLAND SMOOTHIE CREAM BLEND



KOKOMOKO

Dark Chocolate, Cola, Mocha, Chocolate Ice Cream, Chocolate Sauce, Whipped Cream & Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	917	1367	1824
FAT CALORIES	375	555	750
TOTAL FAT (g)	42	62	84
SAT. FAT (g)	34	50	67
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	244	368	488
TOTAL CARB. (g)	129	194	256
DIETARY FIBER (g)	0	0	0
SUGARS (g)	124	187	247
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	9	13	18
VITAMIN C	0%	0%	0%
VITAMIN A	8%	12%	16%
CALCIUM	12%	18%	24%
IRON	12%	18%	24%

ISLAND SMOOTHIE CREAM BLEND

OREO® COOKIE SMOOTHIE

Oreo® Cookie Pieces, Oreo® Creme, Vanilla Ice Cream, Whipped Cream & Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	1037	1547	2064
FAT CALORIES	263	387	526
TOTAL FAT (g)	45	67	90
SAT. FAT (g)	16	24	32
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	411	619	822
TOTAL CARB. (g)	156	234	310
DIETARY FIBER (g)	3	5	6
SUGARS (g)	128	193	255
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	8	12	16
VITAMIN C	0%	0%	0%
VITAMIN A	6%	9%	12%
CALCIUM	15%	23%	30%
IRON	18%	27%	36%

ISLAND SMOOTHIE CREAM BLEND

STRAWBERRY FREEZECAKE

Strawberry blend, Creamy Cheesecake, Vanilla Ice Cream, Whipped Cream & Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	412	610	814
FAT CALORIES	77	108	154
TOTAL FAT (g)	10	14	20
SAT. FAT (g)	6	8	11
TRANS FAT (g)	0	0	0
CHOLEST (mg)	28	42	56
SODIUM (mg)	58	88	116
TOTAL CARB. (g)	82	124	162
DIETARY FIBER (g)	0	0	0
SUGARS (g)	78	118	155
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	53%	79%	105%
VITAMIN A	4%	6%	8%
CALCIUM	13%	19%	25%
IRON	1%	2%	2%

ISLAND SMOOTHIE CREAM BLEND

STRAWBERRY BLISS

Strawberry Blend, Strawberry ice cream, Strawberry Sauce, Whipped Cream & Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	468	694	927
FAT CALORIES	77	108	154
TOTAL FAT (g)	10	14	20
SAT. FAT (g)	6	8	11
TRANS FAT (g)	0	0	0
CHOLEST (mg)	28	42	56
SODIUM (mg)	58	88	116
TOTAL CARB. (g)	97	146	192
DIETARY FIBER (g)	0	0	0
SUGARS (g)	93	140	185
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	5	7	10
VITAMIN C	53%	79%	105%
VITAMIN A	4%	6%	8%
CALCIUM	13%	19%	25%
IRON	1%	1%	2%

ISLAND SMOOTHIE CREAM BLEND



WAVEBENDER

Banana, Pineapple, Coconut Rum, Vanilla ice cream, Whipped Cream & Cherry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	464	685	917
FAT CALORIES	89	126	178
TOTAL FAT (g)	10	15	21
SAT. FAT (g)	7	9	13
TRANS FAT (g)	0	0	0
CHOLEST (mg)	36	54	72
SODIUM (mg)	69	103	136
TOTAL CARB. (g)	95	142	188
DIETARY FIBER (g)	3	3	5
SUGARS (g)	86	130	171
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	6	8	11
VITAMIN C	26%	31%	51%
VITAMIN A	7%	11%	14%
CALCIUM	17%	24%	33%
IRON	2%	2%	3%

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Oasis
(Lite)
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Strawberry Banana Calypso
(Lite)
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ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

AÇAÍ BERRY BREEZE, DAIRY-FREE

Açaí, Mixed Berries & Strawberry

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	310	471	620
FAT CALORIES	72	108	145
TOTAL FAT (g)	7	10	14
SAT. FAT (g)	7	10	13
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	10	15	19
TOTAL CARB. (g)	68	103	135
DIETARY FIBER (g)	2	3	4
SUGARS (g)	62	95	124
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	0	0	0
VITAMIN C	8%	12%	16%
VITAMIN A	1%	1%	1%
CALCIUM	0%	0%	0%
IRON	0%	0%	1%

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**Mango Tango
(Lite)
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**Oasis
(Lite)
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**Strawberry Banana Calypso
(Lite)
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ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

BAHAMA COLADA, DAIRY-FREE

Pineapple & Coconut

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	322	492	644
FAT CALORIES	60	90	120
TOTAL FAT (g)	6	9	12
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	3	5	6
TOTAL CARB. (g)	101	154	202
DIETARY FIBER (g)	4	6	8
SUGARS (g)	91	139	182
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	2	3	4
VITAMIN C	62%	94%	125%
VITAMIN A	4%	6%	8%
CALCIUM	4%	6%	8%
IRON	4%	6%	8%

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Strawberry Banana Calypso
(Lite)
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ISLAND SMOOTHIE FRUIT BLEND



MANGO DRAGONFRUIT, DAIRY-FREE

Dragonfruit, Mango, Coconut, & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	439	471	877
FAT CALORIES	76	108	151
TOTAL FAT (g)	7	10	15
SAT. FAT (g)	6	10	12
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	3	15	6
TOTAL CARB. (g)	95	103	190
DIETARY FIBER (g)	5	3	10
SUGARS (g)	90	95	180
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	3	0	5
VITAMIN C	24%	12%	48%
VITAMIN A	8%	1%	16%
CALCIUM	1%	0%	2%
IRON	1%	0%	2%

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Oasis
(Lite)
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Strawberry Banana Calypso
(Lite)
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ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

MANGO TANGO, DAIRY-FREE

Mango blend

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	327	499	654
FAT CALORIES	60	90	120
TOTAL FAT (g)	6	9	12
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	3	5	6
TOTAL CARB. (g)	73	111	145
DIETARY FIBER (g)	1	2	2
SUGARS (g)	71	109	143
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	0	0	0
VITAMIN C	45%	71%	90%
VITAMIN A	8%	12%	16%
CALCIUM	1%	1%	2%
IRON	1%	1%	2%

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Mango Tango
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Oasis
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Strawberry Banana Calypso
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ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

OASIS, DAIRY-FREE

Strawberry, Banana, Orange & Coconut

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	342	520	683
FAT CALORIES	63	95	127
TOTAL FAT (g)	6	10	13
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	7	11	13
TOTAL CARB. (g)	77	117	153
DIETARY FIBER (g)	1	2	3
SUGARS (g)	68	104	137
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	1	1	1
VITAMIN C	82%	130%	165%
VITAMIN A	1%	1%	1%
CALCIUM	1%	1%	2%
IRON	1%	2%	3%

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Strawberry Banana Calypso
(Lite)
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ISLAND SMOOTHIE FRUIT BLEND, DAIRY-FREE

STRAWBERRY BANANA CALYPSO, DAIRY-FREE

Strawberry Blend & Banana

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	420	570	705
FAT CALORIES	64	94	124
TOTAL FAT (g)	7	10	13
SAT. FAT (g)	6	9	12
TRANS FAT (g)	0	0	0
CHOLEST (mg)	0	0	0
SODIUM (mg)	8	12	14
TOTAL CARB. (g)	98	132	161
DIETARY FIBER (g)	4	4	4
SUGARS (g)	79	111	139
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	2	2	2
VITAMIN C	23%	23%	23%
VITAMIN A	2%	2%	2%
CALCIUM	1%	1%	1%
IRON	2%	2%	2%

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ISLAND SMOOTHIE FRUIT BLEND, LITE

AÇAÍ BERRY BREEZE, LITE

Açaí, Mixed Berries, Strawberry & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	80	128	161
FAT CALORIES	12	18	25
TOTAL FAT (g)	1	1	2
SAT. FAT (g)	1	1	1
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	15	24	30
TOTAL CARB. (g)	19	30	37
DIETARY FIBER (g)	2	3	4
SUGARS (g)	13	21	26
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	8%	12%	16%
VITAMIN A	1%	1%	1%
CALCIUM	2%	3%	4%
IRON	0%	0%	1%

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ISLAND SMOOTHIE FRUIT BLEND, LITE

BAHAMA COLADA, LITE

Pineapple, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	93	148	186
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	14	17
TOTAL CARB. (g)	52	80	104
DIETARY FIBER (g)	4	6	8
SUGARS (g)	42	65	84
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	5	7
VITAMIN C	62%	94%	125%
VITAMIN A	4%	6%	8%
CALCIUM	6%	9%	12%
IRON	4%	6%	8%

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ISLAND SMOOTHIE FRUIT BLEND

MANGO DRAGONFRUIT, LITE

Dragonfruit, Mango, Coconut, & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	209	324	418
FAT CALORIES	16	23	3
TOTAL FAT (g)	1	2	3
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	13	17
TOTAL CARB. (g)	46	72	92
DIETARY FIBER (g)	5	8	10
SUGARS (g)	41	64	81
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	6	8
VITAMIN C	24%	36%	48%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

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(Lite)
(Dairy Free)**

**Bahama Colada
(Lite)
(Dairy Free)**

**Mango Dragonfruit
(Lite)
(Dairy Free)**

**Mango Tango
(Lite)
(Dairy Free)**

**Oasis
(Lite)
(Dairy Free)**

**Strawberry Banana Calypso
(Lite)
(Dairy Free)**

ISLAND SMOOTHIE FRUIT BLEND, LITE

MANGO TANGO, LITE

Mango Blend & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	98	155	196
FAT CALORIES	0	0	0
TOTAL FAT (g)	0	0	0
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	9	14	17
TOTAL CARB. (g)	24	37	47
DIETARY FIBER (g)	1	2	3
SUGARS (g)	22	35	45
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	45%	71%	90%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	2%	2%

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**Açaí Berry Breeze
(Lite)
(Dairy Free)**

**Bahama Colada
(Lite)
(Dairy Free)**

**Mango Dragonfruit
(Lite)
(Dairy Free)**

**Mango Tango
(Lite)
(Dairy Free)**

**Oasis
(Lite)
(Dairy Free)**

**Strawberry Banana Calypso
(Lite)
(Dairy Free)**

ISLAND SMOOTHIE FRUIT BLEND, LITE

OASIS, LITE

Strawberry, Banana, Orange, Coconut & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	112	176	225
FAT CALORIES	3	5	7
TOTAL FAT (g)	0	1	1
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	12	20	25
TOTAL CARB. (g)	28	44	55
DIETARY FIBER (g)	1	2	3
SUGARS (g)	19	30	38
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	3	4
VITAMIN C	82%	130%	165%
VITAMIN A	1%	1%	1%
CALCIUM	3%	4%	6%
IRON	1%	2%	3%

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**Açaí Berry Breeze
(Lite)
(Dairy Free)**

**Bahama Colada
(Lite)
(Dairy Free)**

**Mango Dragonfruit
(Lite)
(Dairy Free)**

**Mango Tango
(Lite)
(Dairy Free)**

**Oasis
(Lite)
(Dairy Free)**

**Strawberry Banana Calypso
(Lite)
(Dairy Free)**

ISLAND SMOOTHIE FRUIT BLEND, LITE

STRAWBERRY BANANA CALYPSO, LITE

Strawberry Blend, Banana & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	191	226	247
FAT CALORIES	4	4	4
TOTAL FAT (g)	1	1	1
SAT. FAT (g)	0	0	0
TRANS FAT (g)	0	0	0
CHOLEST (mg)	1	2	3
SODIUM (mg)	14	21	25
TOTAL CARB. (g)	49	58	63
DIETARY FIBER (g)	4	4	4
SUGARS (g)	30	37	41
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	4	4	5
VITAMIN C	23%	23%	23%
VITAMIN A	2%	2%	2%
CALCIUM	3%	4%	5%
IRON	2%	2%	2%

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