

ISLAND SMOOTHIE FRUIT BLEND



WATERMELON MANGO SUNRISE

Watermelon Flavor, Orange Juice, Mango Fruit & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	260	397	520
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)	12	18	23
TOTAL CARB. (g)	69	105	137
DIETARY FIBER (g)	1	2	2
SUGARS (g)	65	98	129
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	63%	101%	126%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

ISLAND SMOOTHIE FRUIT BLEND



WATERMELON MANGO SUNRISE, LITE

Sugar-free Watermelon Flavor, Orange Juice, Mango Fruit & Non-fat Vanilla Greek Yogurt

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	92	145	184
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)	12	18	23
TOTAL CARB. (g)	24	37	47
DIETARY FIBER (g)	1	2	2
SUGARS (g)	19	30	39
SUGAR ALCOHOL (g)	2	3	4
PROTEIN (g)	2	2	3
VITAMIN C	63%	101%	126%
VITAMIN A	8%	12%	16%
CALCIUM	3%	4%	6%
IRON	1%	1%	2%

ISLAND SMOOTHIE FRUIT BLEND



WATERMELON MANGO SUNRISE, DAIRY-FREE

Watermelon Flavor, Orange Juice & Mango Fruit

	Small 16 oz.	Regular 24 oz.	Avalanche 32 oz.
CALORIES	321	489	642
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)	6	10	12
TOTAL CARB. (g)	73	111	145
DIETARY FIBER (g)	1	2	2
SUGARS (g)	68	104	137
SUGAR ALCOHOL (g)	0	0	0
PROTEIN (g)	0	0	0
VITAMIN C	63%	101%	126%
VITAMIN A	8%	12%	16%
CALCIUM	1%	1%	2%
IRON	1%	1%	2%