

4 OZ. SERVING SIZE	CALORIES	CALS. FROM FAT	TOTAL FAT (g)	SAT. FAT (g)	TRANS FAT	CHOL. (mg)	SODIUM (mg)	TT. CARB (g)	FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A	VITAMIN C	CALCIUM	IRON
<b>NO SUGAR ADDED FAT FREE</b>															
NSA Chocolate	102	0	<0.5	<0.5	0	0	108	22	<0.5	8	6	0%	5%	19%	5%
NSA Strawberry	102	0	0	0	0	0	102	20	0	8	5	0%	5%	19%	0%
NSA Tahitian Vanilla	102	0	<0.5	<0.5	0	0	102	20	<0.5	8	5	0%	5%	19%	0%
<b>TART FAT FREE</b>															
Banana	126	1	<0.5	<0.5	0	0	31	28	0	25	3	0	0	8	0
Blueberry	117	0	0	0	0	0	53	29	0	26	3	0	0	8	0
Coconut	130	3	<0.5	0	0	0	38	28	1	24	3	0	0	8	<0.5
Green Tea	120	<0.5	<0.5	0	0	0	32	26	<0.5	24	3	0	0	8	<0.5
Honeydew Melon	130	0	<0.5	0	0	0	30	29	0	22	3	0	0	8	0
Mango	131	0	0	0	0	0	31	30	1	27	3	0	<0.5	8	0
Papaya	130	<0.5	<0.5	0	0	0	36	29	<0.5	25	3	0	0	8	<0.5
Passion Fruit	129	0	0	0	0	0	52	29	0	27	3	0	0	8	0
Peach	130	0	0	0	0	0	54	29	0	27	3	0	0	8	0
Plain Tart Yogurt	110	0	0	0	0	0	30	24	0	22	3	0	0	8	0
Raspberry	117	0	0	0	0	0	31	30	1	27	3	0	<0.5	8	0
Strawberry	128	0	0	0	0	0	53	29	0	26	3	0	0	8	0
Taro	129	<0.5	<0.5	0	0	0	104	29	1	24	3	0	0	8	<0.5
Watermelon	129	<0.5	<0.5	0	0	0	36	29	<0.5	25	3	0	0	8	<0.5
<b>FAT FREE</b>															
Banana Pudding	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
Banana Rama	127	0	0	0	0	0	64	27	0	20	4	0%	5%	13%	0%
Bubble Gum	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
Cake Batter	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
Candy Cane	140	0	0	0	0	0	70	28	0	22	5	0%	3%	19%	0%
Cheesecake	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
Cherry Amaretto	140	0	0	0	0	0	76	31	0	24	5	0%	3%	19%	0%
Chocolate Mint	153	0	<0.5	<0.5	0	0	51	33	<0.5	23	4	0%	3%	13%	8%
Dreamy Dark Chocolate	153	0	<0.5	<0.5	0	0	70	33	<0.5	23	4	0%	3%	13%	19%
Island Coconut	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
Lemon Icebox Pie	140	0	0	0	0	0	70	29	0	23	4	0%	3%	13%	0%
Ooey Goey Cinnamon Bun	140	0	0	0	0	0	70	28	0	22	4	0%	3%	19%	0%
Peach Medley	140	0	0	0	0	0	64	28	0	18	4	3%	5%	13%	0%
Pistachio	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
Root Beer Float	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
Swiss Chocolate	127	0	<0.5	<0.5	0	0	70	28	<0.5	22	4	0%	3%	19%	5%
Tahitian Vanilla	127	0	<0.5	<0.5	0	0	70	27	<0.5	20	4	0%	3%	19%	0%
Vanilla Bean	127	0	<0.5	<0.5	0	0	70	28	<0.5	20	4	0%	3%	19%	0%
<b>FAT FREE ENERGY FORMULA</b>															
Acai Energy / Vitamin	153	0	<0.5	<0.5	0	0	115	31	<0.5	29	5	0%	3%	19%	0%
Pomegranate Energy	153	0	<0.5	<0.5	0	0	115	31	<0.5	29	5	0%	3%	19%	0%
<b>LOW FAT</b>															
Cherry Limeade	153	32	4	3	0	6	19	31	0	23	1	3%	0%	5%	0%
Cookies 'N Cream	153	32	4	3	0	6	89	27	<0.5	22	5	3%	5%	19%	0%
Espresso	153	32	4	3	0	6	76	24	<0.5	20	5	3%	5%	19%	0%
French Vanilla	153	32	4	3	0	6	76	24	<0.5	20	5	3%	5%	19%	0%
Kiss Me I'm Irish	178	32	3	3	0	6	70	32	0	27	4	3%	3%	19%	0%
Pumpkin Pie	166	32	4	3	0	13	70	28	0	22	4	3%	3%	13%	0%
Red Velvet Cupcake	166	32	4	3	0	6	70	28	1	22	5	3%	3%	19%	0%
Rocky Road	153	19	2	1	0	0	83	31	1	25	5	0%	3%	19%	10%
Sea Salt Caramel Pretzel	153	32	4	3	0	6	217	28	0	23	5	3%	5%	19%	0%
Spiced Apple Pie	166	32	4	3	0	6	89	29	<1	24	5	3%	5%	25%	5%
Triple Chocolate	166	32	3	3	0	6	70	28	<0.5	22	5	3%	5%	19%	0%
White Chocolate Moose	178	32	3	3	0	6	70	32	0	27	4	3%	3%	19%	0%
<b>REDUCED FAT</b>															
Peanut Butter	204	76	9	3	0	6	70	25	<0.5	17	5	3%	3%	10%	0%
<b>SORBETS (NON-DAIRY, FAT FREE)</b>															
Blue Daiquiri Ice Sorbet	115	0	0	0	0	0	0	29	0	24	0	0%	3%	0%	0%
Carribbean Colada	140	0	0	0	0	0	70	28	0	22	4	0%	3%	0%	0%
Mango Sorbet	115	0	0	0	0	0	0	28	0	24	0	0%	0%	0%	0%
Pink Lemonade Sorbet	115	0	0	<0.5	0	0	0	28	0	24	0	0%	0%	0%	0%
Tropical Sorbet	127	0	0	0	0	0	0	31	0	25	0	0%	3%	0%	0%
Valencia Orange Sorbet	115	0	<0.5	<0.5	0	0	0	28	0	24	0	0%	0%	0%	0%
Watermelon Sorbet	115	0	0	0	0	0	6	24	0	25	0	0%	0%	0%	0%