

Nonfat Frozen Yogurt	Serving Size	Calories	Cal. From Fat	Total Fat	Sat. Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Vit. A	Vit. C	Calcium	Iron
Banana Rama	3oz	100	0	0g	0g	0mg	50 mg	21g	0g	16g	3g	0%	4%	10%	0%
Birthday Cake	3oz	100	0	0g	0g	0mg	55 mg	22g	0g	16g	3g	0%	2%	15%	0%
Blueberry Tart	3oz	120	0	0g	0g	0mg	65mg	24g	0g	23g	4g	0%	2%	15%	0%
Caribbean Colada	3oz	110	0	0g	0g	0mg	55mg	22g	0g	17g	3g	0%	2%	15%	0%
Cheese Cake	3oz	120	0	0g	0g	0mg	60mg	25g	0g	18g	3g	0%	2%	15%	0%
Cherry Amaretto	3oz	110	0	0g	0g	0mg	60mg	24g	0g	19g	4g	0%	2%	15%	0%
Chocolate Mint	3oz	120	0	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	0%
Dreamy Dark Choc	3oz	120	0	0g	0g	0mg	60mg	26g	0g	18g	3g	0%	2%	10%	0%
Key Lime Bar	3oz	110	0	0g	0g	0mg	55mg	24g	0g	20g	3g	0%	4%	10%	0%
Lemon Ice Box Pie	3oz	110	0	0g	0g	0mg	55mg	23g	0g	18g	3g	0%	2%	10%	0%
Olde Fashion Candy Cane	3oz	110	0	0g	0g	0mg	55mg	22g	0g	17g	4g	0%	2%	15%	0%
Peach Medley	3oz	110	0	0g	0g	0mg	55mg	23g	0g	18g	3g	0%	2%	10%	0%
Pomegranate Energy	3oz	120	0	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	2%	15%	0%
Tahitian Vanilla	3oz	100	0	0g	0g	0mg	55mg	21g	0g	16g	4g	0%	2%	15%	0%
Vanilla Bean	3oz	100	0	0g	0g	0mg	55mg	22g	0g	16g	3g	0%	2%	15%	0%
Nonfat Tart															
Blueberry Tart	3oz	120	0	0g	0g	0mg	65mg	24g	0g	23g	4g	0%	2%	15%	0%
Italian Style Tart	3oz	90	0	0g	0g	0mg	50mg	18g	0g	16g	2g	0%	2%	10%	0%
Pomegranate Energy	3oz	120	0	0g	0g	0mg	90mg	24g	0g	23g	4g	0%	25	2%	0%
Nonfat, No Sugar Added															
Chocolate	3oz	80	0	0g	0g	0mg	85mg	17g	0g	6g	5g	0%	4%	15%	0%
Tahitian Vanilla (NSA)	3oz	80	0	0g	0g	0mg	80mg	16g	0g	6g	4g	0%	4%	15%	0%
Wild Strawberry	3oz	80	0	0g	0g	0mg	80mg	16g	0g	6g	4g	0	4%	15%	0%
Low Fat & Reduced Fat															
Candy Bar Smash	3oz	130	20	2g	0.5g	0mg	85mg	23g	0g	17g	4g	0%	2%	15%	0%
Cookies 'N Cream	3oz	120	25	3g	2g	5mg	70mg	21g	0g	17g	4g	2%	4%	15%	0%
Cupcake	3oz	130	25	3g	2g	5mg	55 mg	22g	1g	17g	4g	2%	25	4	0%

Egg Nog	3oz	110	25	3g	2g	5mg	50 mg	18g	0g	13g	3g	2%	2%	10%	0%
Espresso	3oz	120	25	3g	2g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
French Vanilla	3oz	120	25	3g	2g	5mg	60mg	19g	0g	16g	4g	2%	4%	15%	0%
Old Fashioned Peanut Butter	3oz	150	60	6g	2g	5mg	115mg	20g	1g	13g	4g	2%	2%	10%	2%
Ooey Goey Cinnamon Bun	3oz	130	25	3g	2g	10mg	70mg	22g	0g	18g	4g	2%	4%	15%	0%
Sea Salt Caramel Pretzel	3oz	120	25	3g	2g	5mg	170mg	19g	0g	16g	4g	2%	4%	15%	0%
Spiced Apple Pie	3oz	130	25	3g	2g	5mg	70mg	23g	1g	19g	4g	2%	4%	20%	4%
Strawberry Sensation	3oz	120	25	3g	2g	5mg	65mg	20g	0g	16g	4g	2%	4%	15%	0%
White Chocolate Mousse	3oz	140	25	2.5g	2g	5mg	55mg	25g	0g	21g	3g	2%	2%	15%	0%
Greek															
Honey Vanilla Greek	3oz	120	20	2g	1.5g	10mg	40mg	19g	0g	15g	6g	2%	2%	20%	
Java Caramel Cup Greek	3oz	110	15	1.5g	1g	10mg	35mg	19g	0g	15g	6g	0%	2%	20%	0%
Zeusberries Greek	3oz	110	15	2g	1.5g	10mg	35mg	19g	0g	15g	6g	0%	2%	20%	0%
Sorbets															
Blue Daiquiri Ice Sorbet	3oz	90	0	0g	0g	0mg	0mg	23g	0g	19g	0g	0%	2%	0%	0%
Mango Sorbet	3oz	90	0	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
Pink Lemonade	3oz	90	0	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
Pink Lemonade Sorbet	3oz														
Tropical Sorbet	3oz	100	0	0g	0g	0mg	0mg	24g	0g	20g	0g	0%	2%	0%	0%
Valencia Orange Sorbet	3oz	90	0	0g	0g	0mg	0mg	22g	0g	19g	0g	0%	0%	0%	0%
Watermelon Sorbet	3oz	90	0	0g	0g	0mg	5mg	19g	0g	20g	0g	0%	0%	0%	0%
Organic & Vegan															
Organic Apple Cinnamon	4oz	91	0	0g	0g	0mg	67.5mg	20.5g	1.5g	19g	3g	0%	2%	10%	0%
Organic Banana	4oz	89	0	0g	0g	0mg	66.5mg	19.5g	1.5g	18g	3g	0%	2%	10%	0%

Organic Blueberry	4oz	89	0	0g	0g	0mg	67.5mg	19g	1.5g	17.5	3g	0%	2%	10%	0%
Organic Chocolate Raspberry	4oz	89	0	0g	0g	0mg	67.5mg	19.5g	1.5g	18g	3g	0%	2%	10%	0%
Old Fashioned Dutch Chocolate	4oz	110	0	1g	0.5g	0mg	60mg	24g	2g	17g	4g	0%	2%	15%	0%
Old Fashioned Vanilla	4oz	90	0	0g	0.5g	0mg	65mg	23g	2g	15g	4g	0%	2%	15%	0%
Organic Key Lime	4oz	90	0	0g	0g	0mg	67.5mg	19.5g	1.5g	18g	3g	0%	2%	10%	0%
Organic Kiwi	4oz	85	0	0g	0g	0mg	66.5mg	18.5g	1.5g	17g	3g	0%	2%	10%	0%
Organic Mango	4oz	90	0	0g	0g	0mg	66mg	20g	1.5g	18.5	3g	0%	2%	10%	0%
Organic Peach	4oz	91	0	0g	0g	0mg	67.5mg	20.5g	1.5g	19g	3g	0%	2%	10%	0%
Organic Pineapple	4oz	90	0	0g	0g	0mg	66.5mg	19.5g	1.5g	18g	3g	0%	2%	10%	0%
Organic Pomegranate Berry	4oz	90	0	0g	0g	0mg	66.5mg	20g	1.5g	18.5g	3g	0%	2%	10%	0%
Organic Strawberry	4oz	91	0	0g	0g	0mg	66mg	20g	1.5g	18.5g	3g	0%	2%	10%	0%
Vegan Coconut	4oz	120	40	4.5g	4g	0mg	20mg	21g	2g	15g	1g	0%	0%	10%	4%