

Planet Smoothie®

Dragon Fruit 2019 Window 3 Smoothies Nutritional Facts

16 oz

Nutrition Facts	
Serving Size (488g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 63g	21%
Dietary Fiber 7g	28%
Sugars 47g	
Protein 2g	
Vitamin A 6%	Vitamin C 70%
Calcium 8%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**Berry Dragon
Fruit Breeze**

22 oz

Nutrition Facts	
Serving Size (625g)	
Servings Per Container	
Amount Per Serving	
Calories 320	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 82g	27%
Dietary Fiber 9g	36%
Sugars 62g	
Protein 2g	
Vitamin A 6%	Vitamin C 100%
Calcium 10%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

32 oz

Nutrition Facts	
Serving Size (965g)	
Servings Per Container	
Amount Per Serving	
Calories 500	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 126g	42%
Dietary Fiber 14g	56%
Sugars 93g	
Protein 4g	
Vitamin A 10%	Vitamin C 130%
Calcium 15%	Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

44 oz

Nutrition Facts	
Serving Size (1324g)	
Servings Per Container	
Amount Per Serving	
Calories 640	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 165g	55%
Dietary Fiber 18g	72%
Sugars 123g	
Protein 4g	
Vitamin A 10%	Vitamin C 190%
Calcium 20%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**Dragon Fruit
Lemon Splash**

Nutrition Facts	
Serving Size (436g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 60g	20%
Dietary Fiber 3g	12%
Sugars 40g	
Protein 1g	
Vitamin A 0%	Vitamin C 50%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts	
Serving Size (609g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 81g	27%
Dietary Fiber 4g	16%
Sugars 55g	
Protein 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts	
Serving Size (860g)	
Servings Per Container	
Amount Per Serving	
Calories 370	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 119g	40%
Dietary Fiber 7g	28%
Sugars 81g	
Protein 1g	
Vitamin A 0%	Vitamin C 100%
Calcium 6%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts	
Serving Size (1217g)	
Servings Per Container	
Amount Per Serving	
Calories 500	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 161g	54%
Dietary Fiber 8g	32%
Sugars 111g	
Protein 2g	
Vitamin A 0%	Vitamin C 140%
Calcium 8%	Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**PB Dragon Fruit
Riptide**

Nutrition Facts	
Serving Size (502g)	
Servings Per Container	
Amount Per Serving	
Calories 430	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 78g	26%
Dietary Fiber 11g	44%
Sugars 27g	
Protein 13g	
Vitamin A 0%	Vitamin C 40%
Calcium 15%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts	
Serving Size (623g)	
Servings Per Container	
Amount Per Serving	
Calories 510	Calories from Fat 180
% Daily Value*	
Total Fat 20g	31%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 92g	31%
Dietary Fiber 12g	48%
Sugars 32g	
Protein 16g	
Vitamin A 0%	Vitamin C 50%
Calcium 20%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts	
Serving Size (962g)	
Servings Per Container	
Amount Per Serving	
Calories 730	Calories from Fat 250
% Daily Value*	
Total Fat 28g	43%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 137g	46%
Dietary Fiber 17g	68%
Sugars 53g	
Protein 22g	
Vitamin A 2%	Vitamin C 80%
Calcium 25%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Nutrition Facts	
Serving Size (1288g)	
Servings Per Container	
Amount Per Serving	
Calories 890	Calories from Fat 320
% Daily Value*	
Total Fat 36g	55%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 164g	55%
Dietary Fiber 19g	76%
Sugars 63g	
Protein 27g	
Vitamin A 2%	Vitamin C 100%
Calcium 30%	Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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Planet Smoothie®

2019 Window 3
Optional Bowl and Smoothie
Nutritional Facts

16 oz

Nutrition Facts	
Serving Size (408g)	
Servings Per Container	
Amount Per Serving	
Calories 480	Calories from Fat 190
% Daily Value*	
Total Fat 21g	32%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 72g	24%
Dietary Fiber 15g	60%
Sugars 29g	
Protein 14g	
Vitamin A 2%	Vitamin C 20%
Calcium 15%	Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

**Dragon Fruit
Beach Bowl**

16 oz

Nutrition Facts	
servings per container	
Serving size	(358g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 20mg	1%
Total Carbohydrate 39g	14%
Dietary Fiber 2g	7%
Total Sugars 23g	
Includes 15g Added Sugars	30%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 199mg	4%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

**Cran-Orange
Crush Smoothie**

22 oz

Nutrition Facts	
servings per container	
Serving size	(489g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 54g	20%
Dietary Fiber 3g	11%
Total Sugars 31g	
Includes 20g Added Sugars	40%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 0mg	0%
Potassium 294mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

32 oz

Nutrition Facts	
servings per container	
Serving size	(715g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 77g	28%
Dietary Fiber 4g	14%
Total Sugars 45g	
Includes 29g Added Sugars	58%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 63mg	4%
Iron 0mg	0%
Potassium 398mg	8%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

44 oz

Nutrition Facts	
servings per container	
Serving size	(978g)
Amount per serving	
Calories	370
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 55mg	2%
Total Carbohydrate 108g	39%
Dietary Fiber 7g	25%
Total Sugars 62g	
Includes 39g Added Sugars	78%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 0mg	0%
Potassium 588mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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