

# FIT PIT NUTRITIONAL VALUES

## Buttercup Baby

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
PEANUT BUTTER	95	8g	75mg	4g	1g	2g	3.5g	-	-	-	4%
HERSHEY'S CHOCOLATE	50	-	8mg	12g	1g	10g	1g	-	-	-	-
NF FROZEN YOGURT MIX	120	-	80mg	26g	-	13g	4g	-	-	15%	-

TOTAL CALORIES 265

## Green Dream

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
NF FROZEN YOGURT MIX	60	-	40mg	13g	-	7g	2g	-	-	8%	-
PEANUT BUTTER	95	8g	75mg	4g	1g	2g	3.5g	-	-	-	4%
BANANA MIX	55	-	10mg	14g	<1g	14g	-	-	75%	-	-
BABY SPINACH	4	14g	11mg	-	<1g	-	>1g	19%	-	2%	3%

TOTAL CALORIES 214

## Kokomo

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
MANDARIN ORANGES	80	-	10mg	80g	1g	18g	-	-	35%	-	2%
PINEAPPLE	70	-	10mg	150g	1g	15g	-	-	25%	-	2%
COCONUT FLAKES	35	3g	20mg	3g	>1g	3g	-	13%	10%	-	-
BANANA MIX	55	-	10mg	14g	<1g	14g	-	-	75%	-	-
MANGO MIX	60	-	-	15g	-	15g	-	-	-	-	-

TOTAL CALORIES 300

## Neapolitan

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
HERSHEY'S CHOCOLATE	50	-	8mg	12g	1g	10g	1g	-	-	-	-
FROZEN STRAWBERRIES	123	-	4mg	125g	2.5g	30.5g	.5g	.5%	88%	1.5%	4%
STRAWBERRY MIX	60	-	5mg	15g	<1g	14.5g	-	-	22.5%	-	1%
NF FROZEN YOGURT MIX	60	-	40mg	13g	-	7g	2g	-	-	8%	-

TOTAL CALORIES 223

## PB&J

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
PEANUT BUTTER	95	8g	75mg	4g	1g	2g	3.5g	-	-	-	4%
NF FROZEN YOGURT MIX	60	-	40mg	13g	-	7g	2g	-	-	8%	-
FROZEN STRAWBERRIES	123	-	4mg	125g	2.5g	30.5g	.5g	.5%	88%	1.5%	4%
STRAWBERRY MIX	60	-	5mg	15g	<1g	14.5g	-	-	22.5%	-	1%

TOTAL CALORIES 338

## Peaches & Cream

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
PEACH HALVES	56	-	4mg	14g	2g	13g	-	11%	3%	-	1%
PEACH MIX	60	-	-	15g	<1g	14g	-	2%	3%	-	-
NF FROZEN YOGURT MIX	60	-	40mg	13g	-	7g	2g	-	-	8%	-

TOTAL CALORIES 176

## Pineberries

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
FROZEN BLUEBERRIES	79	1g	2mg	19g	4g	13g	1g	1%	6%	1%	2%
PINEAPPLE	70	-	10mg	150g	1g	15g	-	-	25%	-	2%
FROZEN RASPBERRIES	129	-	2mg	33g	6g	27g	1g	2%	35%	2%	5%
RASPBERRY MIX	60	-	13mg	15g	<1g	14g	-	-	4%	-	2%
NF FROZEN YOGURT MIX	60	-	40mg	13g	-	7g	2g	-	-	8%	-

TOTAL CALORIES 265

## Raspberry Beret

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
PEACH HALVES	56	-	4mg	14g	2g	13g	-	11%	3%	-	1%
PEACH MIX	60	-	-	15g	<1g	14g	-	2%	3%	-	-
FROZEN RASPBERRIES	129	-	2mg	33g	6g	27g	1g	2%	35%	2%	5%
RASPBERRY MIX	60	-	13mg	15g	<1g	14g	-	-	4%	-	2%

TOTAL CALORIES 305

## Raspberry Recharge

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
FROZEN RASPBERRIES	129	-	2mg	33g	6g	27g	1g	2%	35%	2%	5%
RASPBERRY MIX	60	-	13mg	15g	<1g	14g	-	-	4%	-	2%
RED BULL	57	-	50mg	14g	-	14g	-	-	-	-	-

TOTAL CALORIES 246

## Sour Blueana

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
FROZEN BLUEBERRIES	79	1g	2mg	19g	4g	13g	1g	1%	6%	1%	2%
LIME JUICE	-	-	-	-	-	-	-	-	-	-	-
BANANA MIX	55	-	10mg	14g	<1g	14g	-	-	75%	-	-
NF FROZEN YOGURT MIX	60	-	40mg	13g	-	7g	2g	-	-	8%	-

TOTAL CALORIES 194

## Strawnana

SERVING SIZE 16 FL. OZ.

INGREDIENTS	CALORIES	TOTAL FAT	SODIUM	TOTAL CARBS.	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A	VITAMIN C	CALCIUM	IRON
FROZEN STRAWBERRIES	123	-	4mg	125g	2.5g	30.5g	.5g	.5%	88%	1.5%	4%
STRAWBERRY MIX	60	-	5mg	15g	<1g	14.5g	-	-	22.5%	-	1%
BANANA MIX	55	-	10mg	14g	<1g	14g	-	-	75%	-	-

TOTAL CALORIES 238

BECAUSE WE WANT YOU TO  
**FEEL GOOD** ABOUT WHAT YOU  
 PUT IN YOUR BODY.