

NUTRITIONAL FACTS

Reference: YoCream Nutritionals, as of 4/29/08
FRUGOS COMMON FLAVORS

Flavor	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
NO SUGAR ADDED														
Blueberry	80	0g	0g	0g	0g	80mg	18g	0g	5g	4g	0%	2%	15%	0%
Chocolate	80	0g	0g	0g	5mg	95mg	20g	0g	6g	4g	0%	2%	15%	2%
Raspberry	70	0g	0g	0g	0g	80mg	17g	0g	5g	4g	0%	2%	15%	0%
Strawberry Banana	80	0g	0g	0g	0g	80mg	18g	0g	6g	4g	0%	2%	15%	0%
Strawberry	80	0g	0g	0g	0g	80mg	18g	0g	5g	4g	0%	2%	15%	0%
Vanilla	80	0g	0g	0g	5mg	85mg	19g	0g	6g	4g	0%	2%	15%	0%
NON DAIRY														
Kiwi Strawberry	80	0g	0g	0g	0g	0mg	21g	0g	15g	0g	0%	6%	0%	0%
Mango Tango	80	0g	0g	0g	0g	0mg	21g	0g	15g	0g	2%	2%	0%	0%
Orange Burst	90	0g	0g	0g	0g	0mg	23g	0g	14g	0g	0%	20%	0%	0%
Very Berry	90	0g	0g	0g	0g	5mg	21g	0g	16g	0g	0%	10%	0%	0%
NON FAT														
Butter Brickle	110	0g	0g	0g	5mg	85mg	23g	0g	16g	3g	0%	2%	15%	0%
Cable Car Chocolate	110	0g	0g	0g	0g	80mg	23g	1g	14g	3g	0%	0%	10%	2%
Cappucino	100	0g	0g	0g	5mg	85mg	21g	0g	14g	4g	0%	2%	15%	2%
Chocolate Classic	110	0g	0g	0g	5mg	90mg	24g	0g	20g	3g	0%	0%	10%	2%
Chocolate Mint	100	0g	0g	0g	0g	80mg	22g	0g	16g	2g	0%	0%	8%	0%
Country Vanilla	100	0g	0g	0g	5mg	75mg	20g	0g	14g	3g	0%	0%	10%	0%
English Toffee	100	0g	0g	0g	5mg	85mg	22g	0g	16g	3g	0%	0%	10%	0%
Euro Tart	70	0g	0g	0g	0g	25mg	15g	0g	9g	2g	2%	0%	6%	0%
Georgia Peach	100	0g	0g	0g	0g	70mg	23g	0g	15g	2g	0%	2%	8%	0%
Island Banana	100	0g	0g	0g	0g	80mg	21g	0g	14g	3g	0%	2%	10%	0%
Kahlua	100	0g	0g	0g	0g	75mg	22g	0g	15g	2g	0%	0%	10%	0%
New York Cheesecake	100	0g	0g	0g	5mg	80mg	23g	0g	16g	3g	0%	0%	10%	0%
Green Tea	90	0g	0g	0g	0g	65mg	20g	0g	13g	3g	2%	0%	10%	0%
Pina Colada	100	0g	0g	0g	0g	70mg	22g	0g	16g	2g	0%	2%	8%	0%
Snickerdoodle	100	0g	0g	0g	5mg	75mg	20g	0g	14g	3g	0%	0%	10%	0%
Very Boysenberry	100	0g	0g	0g	0g	70mg	22g	0g	16g	2g	0%	2%	10%	0%
Very Raspberry	100	0g	0g	0g	0g	70mg	22g	0g	16g	2g	0%	2%	8%	0%
Very Strawberry	90	0g	0g	0g	0g	70mg	20g	0g	14g	3g	0%	4%	10%	0%
CUSTARD CRÈME														
Chocolate Real Custard Cream	180	10g	6g	0g	65mg	65mg	19g	0g	11g	4g	8%	2%	10%	2%
Vanilla Real Custard Cream	170	9g	6g	0g	70mg	55mg	18g	0g	11g	4g	8%	2%	10%	0%

These figures are based on **1/2 cup (83g)** serving sizes.