

Planet Smoothie®

Coconut Whip Nutritional

Colada Whip

20 oz

Nutrition Facts	
servings per container	
Serving size	(587g)
Amount per serving	
Calories	310
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 68g	25%
Dietary Fiber 4g	14%
Total Sugars 47g	
Includes 28g Added Sugars	56%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 42mg	4%
Iron 1mg	6%
Potassium 357mg	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.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Dragon Berry Whip

Nutrition Facts	
Serving Size (653g)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 101g	34%
Dietary Fiber 5g	20%
Sugars 72g	
Protein 1g	
Vitamin A 0%	Vitamin C 80%
Calcium 6%	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

Red, Whip & Blue Bowl Acai

Nutrition Facts	
servings per container	
Serving size	(416g)
Amount per serving	
Calories	580
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 117g	43%
Dietary Fiber 7g	25%
Total Sugars 69g	
Includes 8g Added Sugars	16%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	6%
Potassium 173mg	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.

Red, Whip & Blue Bowl Dragon Fruit

Nutrition Facts	
servings per container	
Serving size	(450g)
Amount per serving	
Calories	500
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 107g	39%
Dietary Fiber 7g	25%
Total Sugars 58g	
Includes 8g Added Sugars	16%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 1mg	6%
Potassium 275mg	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.

Red, Whip & Blue Bowl Half and Half

Nutrition Facts	
servings per container	
Serving size	(433g)
Amount per serving	
Calories	540
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 112g	41%
Dietary Fiber 7g	25%
Total Sugars 63g	
Includes 8g Added Sugars	16%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 224mg	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.

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Planet Smoothie® Coconut Whip Nutritionals Continued

Coconut Whip Add-In 12 oz and 24 oz

Nutrition Facts	
servings per container	
Serving size	(14g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Coconut Whip Add-In 32 oz and 44 oz

Nutrition Facts	
servings per container	
Serving size	(21g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Coconut Whip Add-In Bowl

Nutrition Facts	
servings per container	
Serving size	(14g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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Mangonada

20 oz

Nutrition Facts	
servings per container	
Serving size	(615g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 360mg	16%
Total Carbohydrate 66g	24%
Dietary Fiber 2g	7%
Total Sugars 51g	
Includes 26g Added Sugars	52%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 0.4mg	2%
Potassium 300mg	6%

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32 oz

Nutrition Facts	
servings per container	
Serving size	(933g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 540mg	23%
Total Carbohydrate 94g	34%
Dietary Fiber 3g	11%
Total Sugars 73g	
Includes 38g Added Sugars	76%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0.5mg	2%
Potassium 410mg	8%

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44 oz

Nutrition Facts	
servings per container	
Serving size	(1303g)
Amount per serving	
Calories	480
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 720mg	31%
Total Carbohydrate 131g	48%
Dietary Fiber 4g	14%
Total Sugars 103g	
Includes 51g Added Sugars	102%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0.7mg	4%
Potassium 600mg	15%

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Mangonada Nutritionals

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