



24 oz. Smoothie	Calories	Protein, g	Healthy Fruit & Juice Carbs, *	Dietary Fiber, g	Fat - Total, g	Vitamins A, IU	Vitamin C, mg	Calcium, mg	Potassium, mg	Healthy Benefits for Blendsations
All That Razz	363.2	1.2	87.7	3.0	3.2	31.0	47.2	17.4	442.1	high vitamin C, fiber, potassium; low fat
Bananarama	440.7	8.6	104.8	6.2	1.9	94.0	62.1	193.1	953.7	high calcium, fiber, vitamin C; no cholesterol; low sodium, low fat
Bahama Blast	408.5	1.3	95.7	5.0	3.9	83.8	21.7	17.4	421.9	high fiber & potassium; low fat
Berry Berry Good	285.2	5.2	70.3	3.0	0.6	42.3	12.9	162.9	199.9	low calorie; no cholesterol; high calcium; low sodium, low fat
Blues Brothers	438.5	3.5	102.5	2.0	1.5	137.5	85.0	124.5	895.0	high vitamin A, C, calcium, potassium; low fat
Citrus Sunrise	385.3	6.0	86.0	2.8	1.5	540.0	160.5	138.3	787.5	high vitamin A, C, calcium, potassium, protein; low fat
Cranberry Kicker	449.0	1.2	107.4	4.0	2.3	211.3	92.4	42.0	314.2	high vitamin A, C; good source fiber; low fat
Gimme Guava	404.5	3.5	90.0	1.8	3.3	118.8	114.0	67.5	145.5	high vitamin C; good source calcium; low fat
Hawaiian Holiday	387.3	3.7	87.2	4.3	3.1	342.5	202.2	47.3	941.2	high vitamin A, C, potassium; good source fiber; low fat
Kevacicle	465.6	6.4	102.2	0.6	2.3	156.2	92.5	166.9	310.0	high vitamin C, calcium; low fat
Keva Kolada	451.0	8.2	100.2	1.0	2.3	20.0	28.7	193.0	197.7	high calcium; good source protein; low fat
Keva Noggin	475.5	17.0	80.0	1.5	9.5	1107.5	8.5	570.5	580.5	high protein, vitamin A; good source calcium
Kevacino	651.2	17.5	115.5	-	12.6	696.1	4.3	852.6	723.0	high protein, vitamin A, calcium
Leprechaun Lime	373.2	3.8	83.7	1.5	2.7	227.5	58.0	57.8	167.5	high vitamin A, C; low fat
Lime Me	280.9	2.7	67.3	3.0	2.6	28.5	29.0	55.9	229.4	low calorie; good source fiber & potassium; low fat
Liquid Olympian	399.9	5.3	100.9	5.1	1.0	473.3	199.2	51.7	1187.7	high vitamin A, C, fiber, chromium; lactose free; low sodium, fat
Malibu Slim	390.9	1.4	98.9	3.8	2.2	310.5	15.5	43.7	492.5	high chromium, vitamin A; good source fiber, potassium; low fat
Mello Mango	280.5	2.7	67.9	1.8	2.4	141.3	25.8	48.6	302.3	low calorie; good source vitamin C & potassium; low fat
Orange Obsession	521.0	2.2	125.0	3.5	3.9	162.5	110.0	27.4	621.5	high vitamin A, C; good source fiber & potassium; low fat
Orchard Berry	396.6	3.0	94.3	4.6	2.3	353.8	111.2	61.9	653.7	high vitamin A, C; good source fiber & potassium; low fat
Oreo Speedwagon	591.0	16.5	116.0	<1	6.0	745.0	2.0	552.0	406.0	high protein, calcium, vitamin A
Passion Paradise	307.5	2.6	71.9	1.8	2.3	130.0	70.0	48.0	223.9	low calorie; high vitamin C; low fat
Peach-Carrot Twist	500.1	2.5	122.3	5.3	2.9	19884.6	42.6	47.6	854.1	high fiber, vitamin A, C, potassium; low fat
Peach Treaty	449.2	1.4	106.9	2.6	3.4	251.8	10.5	86.7	492.0	good source vitamin A & calcium; low fat
PB Chocolate	812.0	22.7	142.7	3.0	16.3	765.0	6.7	516.0	833.7	high protein, vitamin A, calcium, potassium
Pineapple Splash	405.2	4.5	91.4	3.0	3.5	30.0	99.7	66.8	321.2	high vitamin C, fiber; low fat
Ragin' Raspberry	448.4	1.9	109.3	5.0	2.9	265.5	20.2	58.5	401.6	high fiber, vitamin A; good source potassium; low fat
Razmanian Devil	390.2	0.7	91.8	3.0	3.6	42.3	12.8	12.9	199.9	low calorie; high chromium; good source fiber; low fat
Smashing Pumpkin	424.5	15.0	86.5	4.5	0.8	7308.8	1.5	506.5	304.5	high protein, vitamin A, calcium; low fat
Star Spangled	332.7	2.7	61.6	2.0	2.2	10.0	87.5	73.8	123.5	high vitamin C; low calorie, low fat
Strawberry Squeezer	422.2	4.8	99.2	3.0	1.8	130.0	84.7	133.5	346.2	high vitamin C, calcium, protein; good source fiber; low fat
Tropical Trio	381.8	4.1	90.2	3.1	3.6	34.3	47.5	68.5	448.0	high vitamin C, protein, chromium; low calorie, low fat

"Diets rich in fruits & vegetables may reduce the risk of some types of cancer and other chronic diseases"
NATIONAL CANCER INSTITUTE

* **HEALTHY FRUIT & JUICE CARBOHYDRATES** -
These are healthy carbs needed for a healthy diet!

BOLD AMOUNTS (above)
These are the four healthiest benefits in each category

AUTHOR
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