


# Smoothies Nutritional Information

	Serving weight (g)	Size	Total calories (cal)	Total fat (g)	Saturated fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (mg)	Total carbohydrate (g)	Dietary fiber (g)	Sugars (g)	Added sugars (g)	Protein (g)
<b>Smoothies</b>													
Blueberry Banana	406	12 oz	280	7	5	0	0	170	58	3	40	28	1
Blueberry Banana	688	20 oz	480	11	8	0	0	280	99	5	68	47	2
Mango Pineapple	435	12 oz	330	6	5	0	0	170	72	2	60	48	1
Mango Pineapple	736	20 oz	570	10	8	0	0	280	125	1	105	86	1
Strawberry Mango	480	12 oz	360	6	5	0	0	170	79	2	65	57	1
Strawberry Mango	751	20 oz	550	10	8	0	0	280	120	3	97	86	1
Pineapple Blueberry	381	12 oz	250	6	5	0	0	170	49	2	37	28	1
Pineapple Blueberry	672	20 oz	440	11	8	0	0	280	88	3	68	47	1
Strawberry Banana	434	12 oz	280	6	5	0	0	170	58	3	39	28	1
Strawberry Banana	730	20 oz	490	10	8	0	0	280	101	5	67	47	2

Percentage Daily Values are based on a 2,000 calorie diet. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

The Nutritional Information Cold Stone Creamery® has provided is based on standard product formulations. Product variations may occur based on regional differences, ingredient substitutions, seasonal conditions, differences in product production at the store, and suppliers. Some items listed may not be available in all stores. This list may not include test products, limited time offers, custom orders, self-service orders and regional menu variations.

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