



Nutritional Values

Serving Size 1 Popbar

popSorbetto 69-79 Calories, Fat Free, Cholesterol Free, Good Source of Dietary Fiber

Mixed Berries.....	72	High Source of Dietary Fiber
Strawberry	78	High Source of Dietary Fiber and Vitamin C
Lemon	77	High Source of Vitamin C
Blood Orange	79	High Source of Vitamin C
Orange	78	High Source of Vitamin C
Grapefruit	76	High Source of Vitamin C
Mandarin	70	Good Source of Vitamin C
Pineapple	69	High Source of Vitamin C
Mango	79	High Source of Iron and Vitamin C
Melon/Cantaloupe	76	High Source of Vitamin A and Vitamin C
Apricot	78	High Source of Vitamin A
Passion Fruit	71	Good Source of Dietary Fiber
Peach	76	Good Source of Dietary Fiber

popGelato 149-198 Calories, High Source of Protein, Good Source of Calcium

Chocolate.....	177	High Source of Iron and Protein
Cream	198	High Source of Protein
Banana	149	High Source of Protein
Hazelnut	198	High Source of Calcium and Protein
Gianduia	195	High Source of Calcium and Protein
Pistachio	195	High Source of Calcium and Protein
Almond	198	High Source of Calcium and Protein
Coconut	198	High Source of Protein
Coffee	187	High Source of Protein
Peanut Butter	198	High Source of Calcium and Protein
Pumpkin Pie	159	High Source of Iron, Protein and Vitamin A
Tiramisu	176	High Source of Calcium and Protein
Vanilla	198	High Source of Protein

YogurtPop 100 Calories, Low Fat, Cholesterol Free

Yogurt.....	100	Good Source of Calcium
Mixed Berries Yogurt	100	Good Source of Calcium
Peach Yogurt	100	Good Source of Calcium
Strawberry Yogurt	100	High Source of Vitamin C

