

### Strawberry Smoothie Mix

#### Nutrition Facts

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	140
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 34g	
<b>Protein</b> 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.

### Triple Berry Smoothie Mix

#### Nutrition Facts

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	140
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 33g	
<b>Protein</b> 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.

### Peach Smoothie Mix

#### Nutrition Facts

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	146
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 35g	
<b>Protein</b> 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.

### Raspberry Smoothie Mix

#### Nutrition Facts

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	158
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 35g	
<b>Protein</b> 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.

### Banana Smoothie Mix

#### Nutrition Facts

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	122
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 22g	
<b>Protein</b> 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.

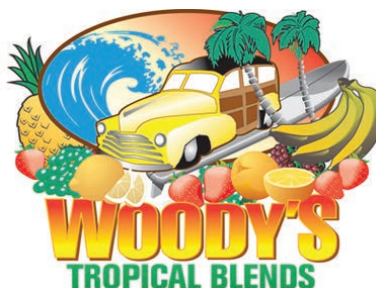
### Mango Smoothie Mix

#### Nutrition Facts

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	155
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 39g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 35g	
<b>Protein</b> 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.



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**Woody's Pina Colada  
Nutrition Facts**

Serving Size (140g or 5oz)  
Servings Per Container About 21

Amount per serving	
<b>Calories</b>	230
Calories from Fat	100
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 32g	<b>11%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 27g	
Protein 2g	

\*Percent Daily Values are based on a 2,000 calorie diet.

**Woody's Extreme Lemonade  
Nutrition Facts**

Serving Size (100g or 3oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	135
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 58mg	<b>2%</b>
<b>Total Carbohydrate</b> 35g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 34g	
Protein 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.

**Woody's Orange Cream  
Nutrition Facts**

Serving Size (100g or 3oz)  
Servings Per Container About 21

Amount per serving	
<b>Calories</b>	230
Calories from Fat	100
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 26g	
Protein 2g	

\*Percent Daily Values are based on a 2,000 calorie diet.

**Woody's Blue Pom  
Nutrition Facts**

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	140
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 34g	
Protein 1g	

\*Percent Daily Values are based on a 2,000 calorie diet.

**Woody's Margarita  
Nutrition Facts**

Serving Size (100g or 3oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	138
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 48mg	<b>2%</b>
<b>Total Carbohydrate</b> 35g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 34g	
Protein 1g	

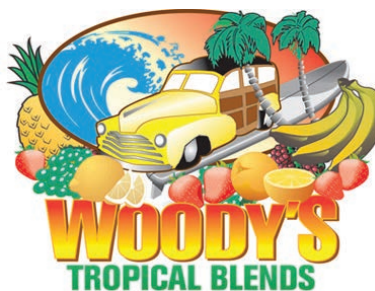
\*Percent Daily Values are based on a 2,000 calorie diet.

**Woody's Mojito  
Nutrition Facts**

Serving Size (140g or 5oz)  
Servings Per Container About 6

Amount per serving	
<b>Calories</b>	140
Calories from Fat	0
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 34g	
Protein 1g	

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**Woody's Non-Fat Yogurt**  
**Nutrition Facts**

Serving Size (100g or 3oz)  
 Servings Per Container About 21

Amount per serving	
<b>Calories</b>	170
Calories from Fat	0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 20g	
<b>Protein</b> 4g	

\*Percent Daily Values are based on a 2,000 calorie diet.

**Woody's Frappe**  
**Nutrition Facts**

Serving Size (100g or 3oz)  
 Servings Per Container About 21

Amount per serving	
<b>Calories</b>	173
Calories from Fat	64
% Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 23g	
<b>Protein</b> 3g	

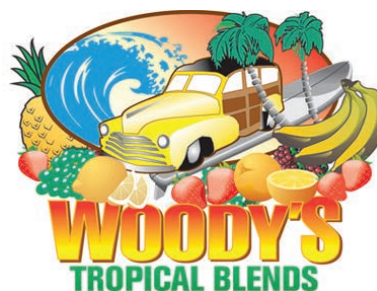
\*Percent Daily Values are based on a 2,000 calorie diet.

**Woody's Smoothie Base**  
**Nutrition Facts**

Serving Size (100g or 3oz)  
 Servings Per Container About 21

Amount per serving	
<b>Calories</b>	200
Calories from Fat	0
% Daily Value*	
<b>Total Fat</b> 15g	<b>23%</b>
Saturated Fat 15g	<b>75%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 13g	
<b>Protein</b> 1g	

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