



CANADA NUTRITIONAL FACTS based on 250 mL serving. Last updated 26/02/2020

Nutritional information is based on our standardized recipes and is calculated using information from suppliers and standard databases. Because our frozen yogurt is freshly prepared at our stores, exact information may vary. Data is rounded to meet FDA and/or Health Canada regulations. Percent Daily Values (DV) are based on a 2,000 calorie diet.

SMOOTHIES CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
Low Fat														
Almond Kale	170	7	1	0	5	30	25	2	20	5	100	0.4	200	K
Avocado Kale	150	3.5	1.5	0	5	35	27	2	24	3	100	0.3	200	K
Non-Fat														
Blueberry Breeze	150	0.5	0.3	0	5	55	34	1	28	4	125	0.1	150	K
Kiwi Kale	160	0.5	0.3	0	0	50	34	1	29	5	150	0.4	300	K
Mango Matcha Green Tea	160	0.5	0.3	0	5	65	35	1	32	5	150	0.1	175	K
Mango Mint Pineapple	170	0.4	0.3	0	0	50	37	1	34	5	125	0.3	250	K
Peach Berry Sunset	140	0.4	0.2	0	0	50	34	1	26	4	125	0.3	175	K
Raspberry Blast	160	0.5	0.2	0	0	50	35	2	31	4	125	0.3	125	K
Strawberry Banana	150	0.4	0.2	0	0	50	32	1	27	4	125	0.5	250	K
Tropical Storm	150	0.4	0.2	0	0	40	33	1	28	4	100	0.3	225	K
Very Berry	140	0.5	0.2	0	0	50	31	2	26	4	125	0.3	175	K
Sorbet														
Blueberry Breeze	150	0.2	0	0	0	10	37	1	27	0.3	10	0.2	10	K
Kiwi Kale	150	0.2	0	0	0	10	37	1	28	1	30	0.4	150	K
Mango Matcha Green Tea	160	0.1	0	0	0	10	39	1	30	0.2	10	0.1	10	K
Mango Mint Pineapple	160	0.1	0	0	0	10	40	1	32	1	20	0.3	125	K
Peach Berry Sunset	130	0.1	0	0	0	10	37	1	25	0.4	10	0.4	50	K
Raspberry Blast	150	0.2	0	0	0	10	38	2	30	0.3	10	0.3	0	K
Strawberry Banana	140	0.1	0	0	0	10	35	1	26	1	20	0.5	125	K
Tropical Storm	160	0.1	0	0	0	10	39	1	30	1	10	0.3	125	K
Very Berry	130	0.2	0	0	0	10	34	2	25	0.4	10	0.3	40	K



CANADA NUTRITIONAL FACTS based on 125 mL (100 g) serving. Last updated 26/02/2020

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MIX-ITS CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
Low Fat														
Banana	120	2	1.5	0.1	10	35	22	1	19	3	100	0.1	100	K
Blackberry	110	2.5	1.5	0.1	10	40	20	1	19	4	100	0.1	100	K
Blueberry	120	2.5	1.5	0.1	10	40	21	1	20	4	100	0.1	100	K
Kiwi	110	2.5	1.5	0.1	10	35	20	1	19	3	100	0.1	100	K
Mango	120	2.5	1.5	0.1	10	40	21	0	20	3	100	0.1	100	K
Peach	110	2.5	1.5	0.1	10	40	23	0	19	4	100	0.1	100	K
Pineapple	120	2	1.5	0.1	10	40	22	0	22	3	100	0.1	100	K
Raspberry	120	2.5	1.5	0.1	10	40	21	1	19	4	100	0.1	100	K
Strawberry	110	2	1.5	0.1	10	35	19	1	18	3	100	0.2	125	K
Sweet Cherry	110	2.5	1.5	0.1	10	40	20	0	19	4	100	0.1	100	K
Vanilla	130	3	2	0.1	10	50	22	0	22	4	125	0	125	K
Watermelon	100	2	1.5	0.1	10	35	19	0	18	3	100	0.1	125	K
Non-Fat														
Banana	130	0.4	0.3	0	5	60	26	0	23	5	150	0.1	150	K
Blackberry	120	0.5	0.3	0	5	55	23	1	21	5	150	0.2	150	K
Blueberry	120	0.5	0.3	0	5	60	24	1	22	5	150	0.1	150	K
Kiwi	120	0.5	0.3	0	5	55	24	1	21	5	150	0.1	150	K
Mango	120	0.4	0.3	0	5	55	24	0	22	5	150	0.1	150	K
Peach	110	0.4	0.3	0	5	55	26	0	21	5	150	0.1	150	K
Pineapple	120	0.4	0.3	0	5	55	26	0	24	5	150	0.1	150	K
Raspberry	120	0.5	0.3	0	5	60	24	1	21	5	150	0.2	150	K
Strawberry	110	0.4	0.3	0	5	55	23	1	20	5	150	0.2	175	K
Sweet Cherry	120	0.5	0.3	0	5	55	24	0	21	5	150	0.2	150	K
Vanilla	130	0.5	0.4	0	5	70	27	0	24	6	175	0.1	175	K
Watermelon	110	0.4	0.3	0	5	55	22	0	20	5	125	0.1	175	K
No Sugar Added (NSA)														
Banana	90	0.4	0.3	0	0	45	24	0	7	4	100	0.1	100	K
Blackberry	80	0.5	0.3	0	0	40	22	1	6	4	100	0.2	100	K
Blueberry	80	0.5	0.3	0	0	45	23	1	7	4	100	0.1	100	K
Kiwi	80	0.5	0.3	0	0	40	22	1	7	4	100	0.1	100	K
Mango	90	0.4	0.3	0	0	40	23	0	8	4	100	0.1	100	K



CANADA NUTRITIONAL FACTS based on 125 mL (100 g) serving. Last updated 26/02/2020

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MIX-ITS CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
No Sugar Added (NSA)														
Peach	80	0.4	0.3	0	0	40	25	0	7	4	100	0.1	100	K
Pineapple	90	0.4	0.3	0	0	40	24	0	10	3	100	0.1	100	K
Raspberry	90	0.5	0.3	0	0	45	23	1	6	4	100	0.2	100	K
Strawberry	80	0.4	0.3	0	0	40	21	1	6	3	100	0.2	125	K
Sweet Cherry	80	0.5	0.3	0	0	40	22	0	7	4	100	0.2	100	K
Watermelon	80	0.4	0.3	0	0	40	21	0	7	3	100	0.1	125	K
Low Fat Chocolate														
Banana	120	2.5	1.5	0.1	10	35	22	1	20	4	75	0.4	150	K
Blackberry	110	2.5	1.5	0.1	10	30	20	1	18	3	75	0.4	150	K
Blueberry	110	2.5	1.5	0.1	10	35	20	1	19	3	75	0.3	150	K
Chocolate	120	3	2	0.1	10	40	22	0	21	4	100	0.4	200	K
Kiwi	110	2.5	1.5	0.1	5	30	20	1	18	3	75	0.4	150	K
Mango	110	2.5	1.5	0.1	10	30	21	1	20	3	75	0.3	150	K
Peach	110	2.5	1.5	0.1	10	30	23	1	18	3	75	0.4	150	K
Pineapple	120	2.5	1.5	0.1	10	30	22	0	21	3	75	0.4	150	K
Raspberry	110	2.5	1.5	0.1	10	35	20	1	18	4	75	0.4	150	K
Strawberry	100	2	1.5	0.1	10	30	19	1	17	3	75	0.5	175	K
Sweet Cherry	110	2.5	1.5	0.1	10	30	20	0	19	3	75	0.4	150	K
Watermelon	100	2	1.5	0.1	5	30	18	0	17	3	75	0.3	175	K
Sorbet														
Banana	110	0	0	0	0	5	28	0	19	0.1	0	0.1	0	K
Blackberry	100	0.1	0	0	0	5	26	1	18	0.2	10	0.2	0	K
Blueberry	100	0.1	0	0	0	5	26	1	19	0.1	0	0.1	0	K
Kiwi	100	0.1	0	0	0	5	26	1	18	0.2	10	0.1	0	K
Mango	100	0.1	0	0	0	5	26	1	19	0.1	0	0.1	0	K
Peach	100	0	0	0	0	5	28	1	18	0.2	0	0.1	0	K
Pineapple	110	0	0	0	0	5	27	0	21	0.1	0	0.1	0	K
Raspberry	100	0.1	0	0	0	5	26	1	18	0.2	10	0.2	0	K
Strawberry	100	0	0	0	0	5	25	1	17	0.1	10	0.2	30	K
Sweet Cherry	100	0.1	0	0	0	5	26	0	19	0.2	0	0.2	0	K
Vegan Chocolate	130	3	2.5	0	0	180	25	1	18	1	10	1.5	0	X
Watermelon	90	0	0	0	0	5	24	0	17	0.1	0	0.1	20	K



CANADA NUTRITIONAL FACTS based on 125 mL (100 g) serving. Last updated 26/02/2020

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ÜSENSATIONS CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
Chocolate														
Chocolate Almond	160	6	2	0.1	10	35	23	1	21	5	100	0.3	175	K
Cookies n' Cream	200	6	3	0.1	10	120	33	1	25	4	75	1.5	175	K
Red Velvet	170	5	1.5	0.1	10	60	28	0	25	4	100	0.2	125	K
Low Fat														
Chocolate Mint	170	5	1.5	0.1	10	45	27	1	26	5	100	0.1	100	K
Coffee	170	6	1.5	0.1	10	40	25	1	25	5	100	0	100	X
Cookies n' Cream	210	6	3	0.1	10	130	34	1	26	4	100	1.3	125	K
Key Lime Pie	170	3.5	2	0.1	10	90	32	1	25	4	100	0.5	100	K
Matcha Mochi LF	150	2.5	1.5	0.1	10	45	28	0	20	4	100	0.1	125	X
Pina Colada	160	6	4.5	0.1	10	55	26	1	24	3	75	0.4	75	K
Strawberry Cheesecake	160	5	3	0	25	105	24	1	19	3	100	0.5	100	K
Non-Fat														
Chocolate Mint	170	3	0.3	0	5	60	30	1	28	6	150	0.1	175	K
Coffee	170	4	0.3	0	5	60	29	1	27	6	150	0.1	175	X
Key Lime Pie	160	1	0.5	0	5	95	33	0	27	5	150	0.3	150	K
Matcha Mochi	150	0.4	0.3	0	5	60	32	0	22	6	150	0.1	175	X
Pina Colada	170	4.5	3.5	0	0	70	29	1	26	4	125	0.5	125	K
Strawberry Cheesecake	160	4	2.5	0	20	120	27	1	20	4	125	0.5	150	K



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ÜSERVE CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
Low Fat														
Birthday Cake	130	2	1	0.1	15	85	25	0	20	4	125	0.1	200	K
Chocolate Truffle Explosion	120	2	1	0.1	5	75	24	1	20	4	125	0.1	300	K
Cookies n' Cream	140	2	1	0.1	5	95	26	0	21	4	125	0.2	200	K
Cotton Candy	130	1.5	1	0.1	5	80	25	0	22	4	125	0.1	200	K
Crème Brulee	130	2	1	0.1	15	85	25	0	21	4	125	0.1	225	K
Dulce De Leche Heaven	140	1.5	1	0.1	5	100	25	0	20	3	125	0.1	200	K
Espresso Coffee	130	1.5	1	0.1	10	85	24	0	20	4	125	0.1	225	K
French Vanilla	130	1.5	1	0.1	5	80	25	0	21	3	125	0.1	200	K
Give me S'mores	130	1.5	1	0.1	5	75	25	1	20	4	125	0.1	250	K
Key Lime Meringue Pie	130	1.5	1	0.1	5	80	26	0	21	3	125	0.1	200	K
Marshmallow	130	1.5	1	0.1	5	80	25	0	20	3	125	0.1	200	K
Mint Chocolate	130	1.5	1	0.1	5	75	25	0	21	4	125	0.1	250	K
Mint	130	1.5	1	0.1	5	80	25	0	22	3	125	0.1	200	K
Neapolitan	140	1.5	1	0.1	5	80	27	0	23	3	125	0.1	200	K
Nutella	170	4.5	2	0.1	5	80	27	0	24	4	125	0.1	200	K
Orange Creamsicle	130	1.5	1	0.1	5	80	25	0	22	3	125	0.1	200	K
Peanut Butter	140	3	1.5	0.1	5	95	24	0	20	4	125	0.1	200	K
Pina Colada	130	2	1	0.1	5	80	25	0	21	3	125	0.1	200	K
Pistachio	140	1.5	1	0.1	5	125	24	0	20	4	125	0.1	200	K
Red Velvet	130	1.5	1	0.1	5	80	25	0	21	4	125	0.1	225	K
Strawberry Fields	130	1.5	1	0.1	5	80	25	0	21	3	125	0.1	200	K
Tiramisu	130	2	1	0.1	10	85	25	0	21	4	150	0.1	225	K
Triple Butter Pecan	130	1.5	1	0.1	5	80	25	0	21	3	125	0.1	200	K
White Chocolate Truffle	130	1.5	1	0.1	5	80	26	0	22	3	125	0.1	200	K



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ÜSERVE CANADA														
	Calories (per serving)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Fibre (g)	Sugars (g)	Protein (g)	Calcium (mg)	Iron (mg)	Potassium (mg)	Kosher (K)
Non-Fat														
Bananarama	120	0.2	0.1	0	0	90	25	0	22	4	150	0.1	225	K
Mango Alfonso	120	0.2	0.1	0	0	90	25	0	20	4	150	0.1	225	K
Passionfruit	120	0.2	0.1	0	0	90	26	0	22	4	150	0.1	225	K
Peach	120	0.2	0.1	0	0	90	25	0	22	4	150	0.1	225	K
Raspberry	120	0.2	0.1	0	0	90	25	0	22	4	150	0.1	225	K
Wild Watermelon	120	0.2	0.1	0	0	90	26	0	22	4	150	0.1	225	K
Tart														
Mangolicious	120	0.2	0.2	0	5	105	24	0	20	4	150	0.1	550	K
Passionfruit	120	0.2	0.2	0	5	105	24	0	21	4	150	0.1	550	K
Pear	120	0.2	0.2	0	5	105	24	0	20	4	150	0.1	550	K
Tart	110	0.2	0.2	0	5	105	23	0	20	5	175	0.2	550	K
Vegan														
Creamy Coconut	140	3.5	3.5	0	0	100	27	0	13	0.5	0	0.1	0	X
Salted Caramel	140	2	1.5	0	0	240	30	0	15	0.3	0	0.1	0	K