



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 USA															
	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)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Low Fat															
Almond Kale	180	7	1.5	0	5	35	28	2	22	5	104	0	0	209	K
Avocado Kale	140	3.5	1	0	5	35	26	2	22	3	88	0	0	177	K
Apple Coconut	110	4	3	0	5	65	17	1	13	2	341	1	1	161	X
Tropical Green	100	4	3	0	5	45	15	1	11	2	352	1	1	144	X
Non-Fat															
Blueberry Breeze	130	0	0	0	0	40	28	1	23	3	95	0	0	109	K
Kiwi Kale	130	0	0	0	0	10	31	0	23	1	26	0	0	138	K
Mango Matcha Green Tea	150	0	0	0	5	55	32	1	29	4	135	0	0	140	K
Mango Mint Pineapple	140	0	0	0	0	35	30	1	27	4	97	0	0	211	K
Peach Berry Sunset	110	0	0	0	0	40	29	1	22	3	92	0	0	131	K
Raspberry Blast	130	0	0	0	0	40	29	2	26	3	96	0	0	92	K
Strawberry Banana	130	0	0	0	0	40	28	1	24	3	109	0	0	225	K
Tropical Storm	140	0	0	0	0	35	30	1	26	4	98	0	0	241	K
Very Berry	110	0	0	0	0	40	25	1	21	3	97	0	0	134	K
Sorbet															
Blueberry Breeze	120	0	0	0	0	10	31	1	23	0	6	0	0	14	K
Kiwi Kale	130	0	0	0	0	10	31	0	23	1	26	0	0	138	K
Mango Matcha Green Tea	140	0	0	0	0	10	35	1	27	0	9	0	0	5	K
Mango Mint Pineapple	130	0	0	0	0	10	32	1	26	1	15	0	0	119	K
Peach Berry Sunset	110	0	0	0	0	10	32	1	21	0	9	0	0	41	K
Raspberry Blast	130	0	0	0	0	10	32	2	25	0	10	0	0	1	K
Strawberry Banana	120	0	0	0	0	10	31	1	23	1	22	0	0	128	K
Tropical Storm	130	0	0	0	0	5	32	1	25	1	12	0	0	118	K
Very Berry	110	0	0	0	0	10	28	1	21	0	11	0	0	41	K
Acai Bowls															
Classic Acai	130	3	0.5	0	0	40	23	2	13	3	8	1	0	144	K
Pina Colada	140	7	5	0	0	40	20	3	16	1	6	1	0	50	K
Peanut Butter Banana	210	11	2	0	0	100	23	2	12	6	14	1	0	120	K



USA NUTRITIONAL FACTS based on 4 fl. oz. (95g) serving. Last updated 18/02/2020

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MIX-ITS USA															
	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)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Low Fat															
Banana	120	2	1.5	0	10	35	21	0	19	3	93	0	0	94	K
Blackberry	110	2.5	1.5	0	10	35	19	1	18	3	99	0	0	96	K
Blueberry	110	2.5	1.5	0	10	40	20	1	19	3	98	0	0	98	K
Kiwi	110	2	1.5	0	10	35	19	0	18	3	96	0	0	90	K
Mango	110	2	1.5	0	10	35	20	0	19	3	92	0	0	92	K
Papaya	100	2	1.5	0	10	35	19	0	17	3	95	0	0	92	K
Peach	110	2	1.5	0	10	35	22	0	18	3	94	0	0	94	K
Pineapple	110	2	1.5	0	10	35	21	0	21	3	92	0	0	92	K
Raspberry	110	2.5	1.5	0	10	40	20	1	18	4	102	0	0	100	K
Strawberry	100	2	1.5	0	10	35	18	0	17	3	92	0	0	123	K
Sweet Cherry	110	2.5	1.5	0	10	35	19	0	19	3	97	0	0	96	K
Vanilla	120	0	0	0	5	65	25	0	23	5	168	0	0	178	K
Non-Fat															
Banana	120	0	0	0	5	55	25	0	21	5	144	0	0	152	K
Blackberry	110	0	0	0	5	55	22	1	20	5	142	0	0	144	K
Blueberry	110	0	0	0	5	55	23	1	21	5	141	0	0	148	K
Kiwi	110	0	0	0	5	50	23	0	20	4	136	0	0	135	K
Mango	110	0	0	0	5	50	23	0	21	4	133	0	0	138	K
Papaya	110	0	0	0	5	50	22	0	19	4	136	0	0	138	K
Peach	110	0	0	0	5	50	25	0	20	5	136	0	0	142	K
Pineapple	120	0	0	0	5	50	24	0	22	4	133	0	0	138	K
Raspberry	110	0	0	0	5	55	23	1	20	5	146	0	0	151	K
Strawberry	100	0	0	0	5	50	21	0	19	4	132	0	0	169	K
Sweet Cherry	110	0	0	0	5	55	22	0	20	5	139	0	0	144	K
Vanilla	120	0	0	0	5	65	25	0	23	5	168	0	0	178	K
No Sugar Added (NSA)															
Banana	90	0	0	0	0	40	23	0	7	4	105	0	0	106	K
Blackberry	80	0	0	0	0	40	21	1	6	4	104	0	0	101	K
Blueberry	80	0	0	0	0	40	21	1	7	4	102	0	0	104	K
Kiwi	80	0	0	0	0	40	21	0	7	3	100	0	0	95	K
Mango	80	0	0	0	0	40	22	0	8	3	97	0	0	97	K



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MIX-ITS USA															
	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)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
No Sugar Added (NSA)															
Papaya	80	0	0	0	0	40	20	0	6	3	100	0	0	97	K
Peach	80	0	0	0	0	40	24	0	7	3	98	0	0	100	K
Pineapple	90	0	0	0	0	40	23	0	9	3	97	0	0	97	K
Raspberry	80	0	0	0	0	40	22	1	6	4	107	0	0	106	K
Strawberry	70	0	0	0	0	35	20	0	6	3	96	0	0	128	K
Sweet Cherry	80	0	0	0	0	40	21	0	7	4	101	0	0	101	K
Low Fat Chocolate															
Banana	110	2	1.5	0	5	30	21	1	18	3	75	0	0	143	K
Blackberry	100	2.5	1.5	0	10	30	19	1	17	3	81	0	0	146	K
Blueberry	110	2.5	1.5	0	10	30	19	1	18	3	79	0	0	149	K
Chocolate	120	2.5	1.5	0	10	35	21	0	20	4	93	0	0	180	K
Kiwi	100	2	1.5	0	5	30	19	0	17	3	79	0	0	137	K
Mango	110	2	1.5	0	5	30	20	1	19	3	75	0	0	140	K
Papaya	100	2	1.5	0	5	30	18	1	17	3	78	0	0	140	K
Peach	100	2	1.5	0	5	30	22	1	17	3	76	0	0	144	K
Pineapple	110	2	1.5	0	5	30	21	0	20	3	74	0	0	140	K
Raspberry	110	2.5	1.5	0	10	30	19	1	17	3	83	0	0	152	K
Strawberry	100	2	1.5	0	5	30	18	0	16	3	75	0	0	170	K
Sweet Cherry	100	2.5	1.5	0	10	30	19	1	18	3	78	0	0	146	K
Sorbet															
Banana	100	0	0	0	0	5	26	0	18	0	3	0	0	1	K
Blackberry	100	0	0	0	0	5	24	1	17	0	7	0	0	1	K
Blueberry	100	0	0	0	0	5	25	1	18	0	4	0	0	1	K
Kiwi	100	0	0	0	0	5	24	0	17	0	9	0	0	1	K
Mango	100	0	0	0	0	5	25	0	18	0	4	0	0	1	K
Papaya	90	0	0	0	0	5	24	0	17	0	7	0	0	1	K
Peach	100	0	0	0	0	5	27	0	17	0	3	0	0	1	K
Pineapple	100	0	0	0	0	5	26	0	20	0	4	0	0	1	K
Raspberry	100	0	0	0	0	5	25	1	17	0	6	0	0	1	K
Strawberry	90	0	0	0	0	5	23	0	16	0	5	0	0	30	K
Sweet Cherry	100	0	0	0	0	5	24	0	18	0	4	0	0	1	K
Vegan Chocolate	130	3	2.5	0	0	180	24	1	17	1	7	2	0	1	X



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ÜSENSATIONS USA															
	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)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Chocolate															
Chocolate Almond	160	7	1.5	0	10	35	22	1	20	5	82	0	0	159	K
Cookies n' Cream	190	6	2.5	0	5	115	32	0	24	4	78	1	0	171	K
Hazelnut Hot Chocolate	140	3	2	0	10	40	25	0	26	4	83	0	0	160	X
Red Velvet	160	5	1.5	0	10	60	27	0	23	4	87	0	0	115	K
Low Fat															
Banoffee	140	3	1.5	0	10	85	26	1	22	3	88	0	0	152	K
Chai Latte	160	6	2	0	10	45	22	1	20	6	104	0	0	106	K
Chocolate Mint	170	5	1.5	0	10	40	26	1	25	4	99	0	0	101	K
Coffee	160	6	1.5	0	10	40	24	1	24	5	102	0	0	104	X
Cookies n' Cream	200	6	2.5	0	10	125	32	0	25	4	96	1	0	124	K
Key Lime Pie	160	3	2	0	10	85	30	0	24	4	100	0	0	97	K
Matcha Mochi LF	140	2.5	1.5	0	10	40	26	0	19	4	105	0	0	109	X
Pina Colada	160	6	4.5	0	5	55	24	1	23	3	81	0	0	81	K
Strawberry Cheesecake	150	5	3	0	25	100	23	0	18	3	90	0	0	97	K
Non-Fat															
Banoffee	140	1	0.5	0	5	100	29	1	23	5	126	0	0	196	K
Chai Latte	160	4.5	0.5	0	5	65	26	1	22	7	151	0	0	160	K
Chocolate Mint	170	3.5	0	0	5	55	30	1	27	6	144	0	0	152	K
Coffee	160	3.5	0	0	5	60	28	1	26	6	148	0	0	157	X
Key Lime Pie	160	1.5	0.5	0	5	100	33	0	25	5	144	0	0	147	K
Matcha Mochi	140	0	0	0	5	60	30	0	21	5	151	0	0	162	X
Pina Colada	160	4	3.5	0	0	65	27	1	24	4	117	0	0	122	K
Strawberry Cheesecake	150	4	2	0	20	110	25	0	19	4	121	1	0	133	K



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ÜSERVE USA															
	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)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Low Fat															
Birthday Cake	130	2	1	0	15	80	24	0	19	3	130	0	0	203	K
Chocolate Truffle Explosion	120	1.5	1	0	5	70	22	1	19	3	118	0	0	266	K
Cookies n' Cream	130	2	1	0	5	90	24	0	20	3	125	0	0	197	K
Cotton Candy	120	1.5	1	0	5	80	24	0	21	3	127	0	0	200	K
Crème Brule	130	2	1	0	10	80	24	0	20	3	129	0	0	202	K
Dulce De Leche Heaven	130	1.5	1	0	5	95	24	0	19	3	125	0	0	197	K
Espresso Coffee	120	1.5	1	0	5	80	23	0	19	3	130	0	0	204	K
French Vanilla	120	1.5	1	0	5	75	24	0	20	3	127	0	0	200	K
Give me Smores	120	1.5	1	0	5	70	24	0	19	3	120	0	0	237	K
Key Lime Meringue Pie	130	1.5	1	0	5	80	25	0	20	3	125	0	0	197	K
Marshmallow	120	1.5	1	0	5	75	24	0	19	3	127	0	0	200	K
Mint Chocolate Chip	120	1.5	1	0	5	75	24	0	20	3	121	0	0	230	K
Mint	130	1.5	1	0	5	80	24	0	21	3	127	0	0	200	K
Neapolitan	130	1.5	1	0	5	75	26	0	22	3	120	0	1	189	K
Nutella	160	4.5	2	0	5	75	26	0	23	4	118	0	0	186	K
Orange Creamside	130	1.5	1	0	5	80	24	0	21	3	127	0	0	201	K
Peanut Butter	130	3	1.5	0	5	90	23	0	19	4	128	0	0	199	K
Pina Colada	130	1.5	1	0	5	75	24	0	20	3	127	0	0	201	K
Pistachio	130	1.5	1	0	5	120	23	0	19	4	126	0	0	198	K
Red Velvet	120	1.5	1	0	5	75	24	0	20	3	124	0	0	215	K
Strawberry	120	1.5	1	0	5	75	24	0	20	3	127	0	0	200	K
Tiramisu	130	2	1	0	10	80	24	0	20	3	133	0	0	209	K
Triple Butter Pecan	130	1.5	1	0	5	80	24	0	20	3	127	0	0	200	K
White Chocolate Truffle	130	1.5	1	0	5	75	25	0	21	3	127	0	0	197	K



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ÜSERVE USA															
	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)	Vitamin D (mcg)	Potassium (mg)	Kosher (K)
Non-Fat															
Bananarama	110	0	0	0	0	85	24	0	21	4	139	0	0	220	K
Mango Alfonso	110	0	0	0	0	85	24	0	19	4	139	0	0	220	K
Passionfruit	110	0	0	0	0	85	24	0	21	4	139	0	0	222	K
Peach	110	0	0	0	0	85	24	0	21	4	139	0	0	220	K
Raspberry	110	0	0	0	0	85	24	0	21	4	139	0	0	220	K
Wild Watermelon	120	0	0	0	0	85	24	0	24	4	139	0	0	220	K
Tart															
Mangolicious	110	0	0	0	0	100	22	0	19	4	152	0	1	505	K
Passionfruit	110	0	0	0	0	100	23	0	20	4	152	0	1	506	K
Pear	110	0	0	0	0	100	22	0	19	4	151	0	1	503	K
Tart	110	0	0	0	0	100	21	0	19	4		0	1	516	K
Vegan															
Creamy Coconut	140	3.5	3	0	0	95	26	0	12	0	2	0	0	0	X
Salted Caramel	130	1.5	1.5	0	0	230	28	0	14	0	2	0	0	0	K

Nutrition Label

(2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (1) Small

Nutrition Facts	
Valeur nutritive	
Per 1 serving (154 g) pour 1 portion (154 g)	
Calories 250	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 10 g	13 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 32 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 25 g	25 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 10 mg	
Sodium 60 mg	3 %
Potassium 75 mg	2 %
Calcium 125 mg	10 %
Iron / Fer 0.3 mg	2 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 11 mg	12 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour)

Contains: Almonds, Milk, Wheat

Ingrédients: Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

Contient: Amandes, Blé, Lait

Nutrition Label

(2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (2) Regular

Nutrition Facts	
Valeur nutritive	
Per 1 serving (212 g) pour 1 portion (212 g)	
Calories 340	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 14 g	19 %
Saturated / saturés 9 g	45 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 43 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 35 g	35 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 10 mg	
Sodium 85 mg	4 %
Potassium 100 mg	3 %
Calcium 175 mg	13 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 15 mg	17 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour).

Contains: Almonds, Milk, Wheat

Ingrédients: Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

Contient: Amandes, Blé, Lait

Nutrition Label

(2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (3) Large

Nutrition Facts	
Valeur nutritive	
Per 1 serving (268 g) pour 1 portion (268 g)	
Calories 440	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 18 g	24 %
Saturated / saturés 12 g	60 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 57 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 44 g	44 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 15 mg	
Sodium 105 mg	5 %
Potassium 150 mg	4 %
Calcium 225 mg	17 %
Iron / Fer 0.75 mg	4 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 19 mg	21 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour).

Contains: Almonds, Milk, Wheat

Ingrédients: Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

Contient: Amandes, Blé, Lait

Nutrition Label

(2025) Yogen Fruz, Frozen Greek Yogurt - Usensation, (4) XI/Pint

Nutrition Facts	
Valeur nutritive	
Per 1 serving (376 g) pour 1 portion (376 g)	
Calories 620	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 25 g	33 %
Saturated / saturés 17 g	85 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 79 g	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 63 g	63 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 20 mg	
Sodium 150 mg	7 %
Potassium 200 mg	6 %
Calcium 350 mg	27 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 22 mg	24 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Greek-style yogurt (milk ingredients, bacterial culture), Milk ingredients, Sugar, Strawberries, Granola (whole grain rolled oats, rolled whole wheat, Sugars [brown sugar, honey blend], dried coconut, modified milk ingredients, coconut oil, vegetable oil, almonds, natural flavour), Honey, Citric acid, Stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), Vanilla flavour (natural flavour, artificial flavour, caramel colour)

Contains: Almonds, Milk, Wheat

Ingrédients: Yogourt de style grec (ingrédients laitiers, culture bactérienne), ingrédients laitiers, sucre, fraises, granola (flocons d'avoine à grains entiers, blé entier en flocons, sucres [cassonade, mélange de miel], noix de coco séchée, ingrédients laitiers modifiés, huile de noix de coco, huile végétale, amandes, arôme naturel), miel, acide citrique, stabilisant (monoglycérides et diglycérides, gomme de cellulose, gomme de guar, carraghénine), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel).

Contient: Amandes, Blé, Lait

Nutrition Label Report

(2025) Fruz Tea, Matcha Latte - 500 Cc

Nutrition Facts	
Valeur nutritive	
Per 1 drink (479 g) pour 1 boire (479 g)	
Calories 270	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 8 g	11 %
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 38 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 33 g	33 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 25 mg	
Sodium 150 mg	7 %
Potassium 20 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 2.5 µg	13 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot * 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Water, Milk, Vitamin D3, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Eau, Lait, vitamine D3, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Fruz Tea, Matcha Latte - 700 Cc

Nutrition Facts	
Valeur nutritive	
Per 1 drink (688 g) pour 1 boire (688 g)	
Calories 400	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 12 g	16 %
Saturated / saturés 8 g	42 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 57 g	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 49 g	49 %
Protein / Protéines 16 g	
Cholesterol / Cholestérol 40 mg	
Sodium 220 mg	10 %
Potassium 30 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 150 µg	17 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 4 µg	20 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Water, Milk, Vitamin D3, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Eau, Lait, vitamine D3, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Fruz Tea, Matcha Slush - 500 Cc (S)

Nutrition Facts	
Valeur nutritive	
Per 1 drink (510 g) pour 1 boire (510 g)	
Calories 420	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 14 g	19 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 70 g	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 39 g	39 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 150 mg	7 %
Potassium 40 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 1.25 mg	7 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot * 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Water, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Creamer (Glucose syrup, hydrogenated vegetable oil, sodium caseinate*, whey powder, whole milk powder, sugar, silicon dioxide, mono- and diglycerides, sodium stearoyl lactylate, salt, sodium pyrophosphate, sodium triphosphate, dipotassium phosphate), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Eau, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Crémier (Sirop de glucose, huile végétale hydrogénée, caséinate de sodium*, poudre de lactosérum, poudre de lait entier, sucre, dioxyde de silicium, mono- et diglycérides, lactylate de stéaroyle de sodium, sel, pyrophosphate de sodium, triphosphate de sodium, diphosphate de potassium), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Fruz Tea, Matcha Slush - 700 Cc (R)

Nutrition Facts	
Valeur nutritive	
Per 1 drink (703 g) pour 1 boire (703 g)	
Calories 500	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 14 g	19 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 88 g	
Fiber / Fibres 4 g	14 %
Sugars / Sucres 54 g	54 %
Protein / Protéines 4 g	
Cholesterol / Cholestérol 0 mg	
Sodium 190 mg	8 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 0 mg	0 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Water, Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Creamer (Glucose syrup, hydrogenated vegetable oil, sodium caseinate*, whey powder, whole milk powder, sugar, silicon dioxide, mono- and diglycerides, sodium stearoyl lactylate, salt, sodium pyrophosphate, sodium triphosphate, dipotassium phosphate), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Eau, Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Crémier (Sirop de glucose, huile végétale hydrogénée, caséinate de sodium*, poudre de lactosérum, poudre de lait entier, sucre, dioxyde de silicium, mono- et diglycérides, lactylate de stéaroyle de sodium, sel, pyrophosphate de sodium, triphosphate de sodium, diphosphate de potassium), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Fruz Tea, Strawberry Matcha Latte - 500 Cc

Nutrition Facts	
Valeur nutritive	
Per 1 drink (473 g) pour 1 boire (473 g)	
Calories 320	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 3.5 g	19 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 60 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 54 g	54 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 15 mg	
Sodium 150 mg	7 %
Potassium 50 mg	1 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 50 µg	6 %
Vitamin C / Vitamine C 8 mg	9 %
Vitamin D / Vitamine D 1.5 µg	8 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Water, Milk, Vitamin D3, Strawberry syrup (High fructose corn syrup, sugar, strawberries, strawberry pulp, water, citric acid, malic acid, sodium citrate, flavour, glycine, xanthan gum, pectin, potassium sorbate, polyphosphates, sucralose, colour [Allura Red]), Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Strawberries, Matcha Green Tea Powder

Contains: Milk

Ingrédients: Eau, Lait, vitamine D3, Sirop de fraise (Sirop de maïs à haute teneur en fructose, sucre, fraises, pulpe de fraise, eau, acide citrique, acide malique, citrate de sodium, arôme, glycine, gomme xanthane, pectine, sorbate de potassium, polyphosphates, sucralose, colorant [rouge allura]), Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Fraises, Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Fruz Tea, Strawberry Matcha Latte - 700 Cc

Nutrition Facts	
Valeur nutritive	
Per 1 drink (599 g) pour 1 boire (599 g)	
Calories 470	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 9 g	12 %
Saturated / saturés 5 g	27 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 87 g	
Fiber / Fibres 4 g	14 %
Sugars / Sucres 79 g	79 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 25 mg	
Sodium 210 mg	9 %
Potassium 75 mg	2 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin C / Vitamine C 12 mg	13 %
Vitamin D / Vitamine D 2.5 µg	13 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot * 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Water, Milk, Vitamin D3, Strawberry syrup (High fructose corn syrup, sugar, strawberries, strawberry pulp, water, citric acid, malic acid, sodium citrate, flavour, glycine, xanthan gum, pectin, potassium sorbate, polyphosphates, sucralose, colour [Allura Red]), Fructose syrup (high fructose corn syrup, white sugar, water, flavourings, xanthan gum, polyphosphates, potassium sorbate, colour), Strawberries, Matcha Green Tea Powder

Contains: Milk

Ingrédients: Eau, Lait, vitamine D3, Sirop de fraise (Sirop de maïs à haute teneur en fructose, sucre, fraises, pulpe de fraise, eau, acide citrique, acide malique, citrate de sodium, arôme, glycine, gomme xanthane, pectine, sorbate de potassium, polyphosphates, sucralose, colorant [rouge allura]), Sirop de fructose (sirop de maïs à haute teneur en fructose, sucre blanc, eau, arômes, gomme xanthane, polyphosphates, sorbate de potassium, colorant), Fraises, Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Yogen Fruz, Matcha Usensation - (1) Small (5 Oz)

Nutrition Facts	
Valeur nutritive	
Per 1 small (153 g) pour 1 petit (153 g)	
Calories 200	% Daily Value* % valeur quotidienne*
Total Fat / Lipides 3.5 g	5 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 35 g	
Fiber / Fibres 1 g	4 %
Sugars / Sucres 31 g	31 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 15 mg	
Sodium 85 mg	4 %
Potassium 20 mg	1 %
Calcium 200 mg	15 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 8 mg	9 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot * 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Yogen Fruz, Matcha Usensation - (2) Regular (6 Oz)

Nutrition Facts	
Valeur nutritive	
Per 1 regular (205 g) pour 1 régulier (205 g)	
Calories 270	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 5 g	7 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 48 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 42 g	42 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 20 mg	
Sodium 115 mg	5 %
Potassium 20 mg	1 %
Calcium 300 mg	23 %
Iron / Fer 0.5 mg	3 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 8 mg	9 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Yogen Fruz, Matcha Usensation - (3) Large (8 Oz)

Nutrition Facts	
Valeur nutritive	
Per 1 regular (265 g) pour 1 régulier (265 g)	
Calories 350	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 6 g	8 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 63 g	
Fiber / Fibres 2 g	7 %
Sugars / Sucres 54 g	54 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 25 mg	
Sodium 150 mg	7 %
Potassium 30 mg	1 %
Calcium 350 mg	27 %
Iron / Fer 0.75 mg	4 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 12 mg	13 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(2025) Yogen Fruz, Matcha Usensation - (4) Pint (16 Oz)

Nutrition Facts	
Valeur nutritive	
Per 1 regular (372 g) pour 1 régulier (372 g)	
Calories 500	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 9 g	12 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 88 g	
Fiber / Fibres 3 g	11 %
Sugars / Sucres 76 g	76 %
Protein / Protéines 15 g	
Cholesterol / Cholestérol 30 mg	
Sodium 210 mg	9 %
Potassium 40 mg	1 %
Calcium 500 mg	38 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 0 µg	0 %
Vitamin C / Vitamine C 16 mg	18 %
Vitamin D / Vitamine D 0 µg	0 %
Vitamin E / Vitamine E 0 mg	0 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Strawberries, Mochi (Hydroxypropyl distarch phosphate, glutinous rice, maltose, sugar, salt), Matcha Green Tea Powder

Contains: Milk

Ingrédients: Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Fraises, Mochi (Phosphate de distarch hydroxypropyle, riz gluant, maltose, sucre, sel), Poudre de thé vert matcha

Contient: Lait

Nutrition Label Report

(Core) Yogen Fruz, Specialized Smoothies, Power

Nutrition Facts	
Valeur nutritive	
Per 1 serving (480 g) pour 1 portion (480 g)	
Calories 480	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 16 g	21 %
Saturated / saturés 5 g	26 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 68 g	
Fiber / Fibres 5 g	18 %
Sugars / Sucres 60 g	60 %
Protein / Protéines 18 g	
Cholesterol / Cholestérol 35 mg	
Sodium 115 mg	5 %
Potassium 500 mg	15 %
Calcium 250 mg	19 %
Iron / Fer 1 mg	6 %
Vitamin A / Vitamine A 100 µg	11 %
Vitamin C / Vitamine C 101 mg	112 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	

Ingredients: Filtered water, Organic concentrated juices (apple and/or grape, orange), Organic mango purée, Organic natural flavour, Citric acid, Vitamin C., Mangos, Low fat vanilla frozen yogurt [milk ingredients, cultured yogurt (milk ingredients, bacterial culture), sugar, citric acid, stabilizer (mono- and diglycerides, cellulose gum, guar gum, carrageenan), vanilla flavour (natural flavour, artificial flavour, caramel colour)], Milk, Vitamin D3, Wild blueberries, Cream, Skim Milk Powder, Bacterial culture, Almonds, Whey protein concentrate, Soy lecithin

Contains: Almonds, Milk, Soy

May Contain: Nuts, Peanuts

Ingrédients: Eau filtrée, jus concentrés biologiques (Pomme et/ou raisin, orange), purée de mangue biologique, arôme naturel biologique, acide citrique, vitamine C., Mangues, Yogourt glacé à la vanille faible en gras [ingrédients laitiers, yogourt fermenté (ingrédients laitiers, culture bactérienne), sucre, acide citrique, stabilisant (mono- et diglycérides, gomme de cellulose, gomme de guar, carraghénane), arôme de vanille (arôme naturel, arôme artificiel, colorant caramel)], Lait, vitamine D3, Bleuets sauvages, Crème, Poudre de lait écrémé, Culture bactérienne, Amandes, Concentré de protéines de lactosérum, Lécithine de soya.

Contient: Amandes, Lait, Soja

Peut Contenir: Arachides, Noix

Nutrition Label

(Core) Yogen Fruz, Flavour - Whey Powder

Nutrition Facts	
Valeur nutritive	
Per 1 scoop (9 g) pour 1 scoop (9 g)	
Calories 35	% Daily Value*
	% valeur quotidienne*
Total Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 0 g	
Fiber / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 20 mg	
Sodium 15 mg	1 %
Potassium 50 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 0.1 mg	1 %
* 5% or less is a little , 15% or more is a lot	
* 5 % ou moins c'est peu , 15 % ou plus c'est beaucoup	
Ingredients: Whey protein concentrate, Soy lecithin	
Contains: Milk, Soy	
Ingrédients: Concentré de protéines de lactosérum, Lécithine de soya.	
Contient: Lait, Soja	