

Rita's Nutrition Information - ICE

| Kids Size Ice = 7.5 oz | Italian Ice | Cream Ice | Sugar-Free Ice |
|------------------------------------|--------------------|------------------|-----------------------|
| calories | 160-300 | 150-340 | 80-140 |
| calories from fat | 0-45 | 20-40 | 0-5 |
| total fat (in grams (g)) | 0-5 | 2.5-4.5 | 0 |
| saturated fat (in grams (g)) | 0-1 | 2-3.5 | 0 |
| trans fat (in grams (g)) | 0 | 0 | 0 |
| cholesterol (in milligrams (mg)) | 0 | 0-10 | 0 |
| sodium (in milligrams (mg)) | 15-60 | 45-135 | 15-55 |
| total carbohydrates (in grams (g)) | 41-64 | 30-77 | 27-49 |
| dietary fiber (in grams (g)) | 0-2 | 0-2 | 0-1 |
| sugars (in grams (g)) | 36-59 | 27-71 | 0 |
| total protein (in grams (g)) | 0-2 | 0-2 | 0-1 |

| Regular Size Ice = 12 oz | Italian Ice | Cream Ice | Sugar-Free Ice |
|---------------------------------|--------------------|------------------|-----------------------|
| calories | 260-480 | 230-540 | 130-230 |
| calories from fat | 0-70 | 30-60 | 0-5 |
| total fat | 0-8 | 3.5-7 | 0-0.5 |
| saturated fat | 0-1.5 | 3.5-5 | 0 |
| trans fat | 0 | 0 | 0 |
| cholesterol | 0 | 0-15 | 0 |
| sodium | 25-95 | 65-220 | 25-90 |
| total carbohydrates | 65-102 | 48-123 | 43-79 |
| dietary fiber | 0-3 | 0-2 | 0-2 |
| sugars | 58-93 | 44-113 | 0 |
| protein | 0-3 | 0-3 | 0-1 |

| Large Size Ice = 18.9 oz | Italian Ice | Cream Ice | Sugar-Free Ice |
|---------------------------------|--------------------|------------------|-----------------------|
| calories | 380-760 | 370-850 | 200-360 |
| calories from fat | 0-110 | 50-100 | 0-10 |
| total fat | 0-12 | 6-11 | 0-1 |
| saturated fat | 0-2 | 5-8 | 0-0.5 |
| trans fat | 0 | 0 | 0 |
| cholesterol | 0 | 0-20 | 0 |
| sodium | 35-150 | 105-350 | 45-140 |
| total carbohydrates | 99-161 | 76-193 | 68-124 |
| dietary fiber | 0-5 | 0-4 | 0-3 |
| sugars | 91-149 | 69-179 | 0 |
| protein | 0-5 | 1-4 | 0-2 |

| Quart Size Ice = 32 oz | Italian Ice | Cream Ice | Sugar-Free Ice |
|-------------------------------|--------------------|------------------|-----------------------|
| calories | 680-1280 | 620-1440 | 340-620 |
| calories from fat | 0-180 | 90-170 | 0-15 |
| total fat | 0-20 | 10-18 | 0-2 |
| saturated fat | 0-3.5 | 0-14 | 0-1 |
| trans fat | 0 | 0 | 0 |
| cholesterol | 0 | 0-35 | 0 |
| sodium | 60-260 | 180-590 | 70-240 |
| total carbohydrates | 174-272 | 128-327 | 115-209 |
| dietary fiber | 0-9 | 0-7 | 0-6 |
| sugars | 155-253 | 117-302 | 0 |
| protein | 0-9 | 1-7 | 0-3 |

This nutrition information is based on standard recipes and product formulations, however, variations may occur due to difference in preparation, serving size, ingredients, and special orders. Current recommendations are to limit total saturated fat intake to 20g per day and to limit sodium intake to less than 2400mg per day for a 2000-calorie-per-day diet. A 2000 calorie daily diet is used for the basis of general nutrition advice; individual calorie needs, however, may vary.