



# Rita's Nutrition Guide

## Italian Ice—Average all flavors

### Reference (85g)

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 80</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 19g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Kids

Nutrition Facts	
Serving Size 1 kids cup (213g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 200</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 50g</b>	<b>17%</b>
Dietary Fiber 0g	0%
Sugars 48g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Regular

Nutrition Facts	
Serving Size 1 regular cup (340g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 320</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 80g</b>	<b>27%</b>
Dietary Fiber 0g	0%
Sugars 77g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Large

Nutrition Facts	
Serving Size 1 large cup (536g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 500</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 55mg</b>	<b>2%</b>
<b>Total Carbohydrate 126g</b>	<b>42%</b>
Dietary Fiber 0g	0%
Sugars 121g	
Protein 0g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

## Cream Ice—Average all flavors

### Reference (85g)

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 100</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 0g	0%
Sugars 20g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Kids

Nutrition Facts	
Serving Size 1 kids cup (213g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 240</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 65mg</b>	<b>3%</b>
<b>Total Carbohydrate 53g</b>	<b>18%</b>
Dietary Fiber 0g	0%
Sugars 49g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Regular

Nutrition Facts	
Serving Size 1 regular cup (340g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 380</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 85g</b>	<b>28%</b>
Dietary Fiber 1g	4%
Sugars 79g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Large

Nutrition Facts	
Serving Size 1 large cup (536g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 600</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 134g</b>	<b>45%</b>
Dietary Fiber 1g	4%
Sugars 124g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

**Sugar Free Ice\*—Average all flavors**

**Reference (85g)**

<b>Nutrition Facts</b>	
Serving Size 1 (85g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 10mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Kids**

<b>Nutrition Facts</b>	
Serving Size 1 Kids cup (213g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 25mg</b>	<b>1%</b>
<b>Total Carbohydrate 30g</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Regular**

<b>Nutrition Facts</b>	
Serving Size 1 Regular cup (340g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 35mg</b>	<b>1%</b>
<b>Total Carbohydrate 46g</b>	<b>15%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 2%
Calcium 0%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Large**

<b>Nutrition Facts</b>	
Serving Size 1 Large cup (536g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 80g</b>	<b>27%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
Protein 0g	
Vitamin A 0%	• Vitamin C 2%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Custard—Average all flavors**

**Reference (85g)**

<b>Nutrition Facts</b>	
Serving Size 1 (85g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 170</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 110mg</b>	<b>5%</b>
<b>Total Carbohydrate 21g</b>	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 16g	
Protein 3g	
Vitamin A 8%	• Vitamin C 0%
Calcium 10%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Kids**

<b>Nutrition Facts</b>	
Serving Size 1 kids cup (113g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 22g	
Protein 4g	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Regular**

<b>Nutrition Facts</b>	
Serving Size 1 regular cup (163g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 11g	<b>55%</b>
Trans Fat 0g	
<b>Cholesterol 100mg</b>	<b>33%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 31g	
Protein 6g	
Vitamin A 15%	• Vitamin C 0%
Calcium 25%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Large**

<b>Nutrition Facts</b>	
Serving Size 1 large cup (213g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 430</b>	<b>Calories from Fat 200</b>
% Daily Value*	
<b>Total Fat 22g</b>	<b>34%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol 130mg</b>	<b>43%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 52g</b>	<b>17%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 41g	
Protein 8g	
Vitamin A 20%	• Vitamin C 0%
Calcium 30%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

**Slenderita™\***

**Reference (85g)**

<b>Nutrition Facts</b>	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 26g</b>	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 17g	
Protein 4g	
Vitamin A 0%	Vitamin C 4%
Calcium 15%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Kids**

<b>Nutrition Facts</b>	
Serving Size 1 kids cup (113g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 160</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 34g</b>	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 23g	
Protein 6g	
Vitamin A 0%	Vitamin C 4%
Calcium 25%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Regular**

<b>Nutrition Facts</b>	
Serving Size 1 regular cup (163g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 33g	
Protein 8g	
Vitamin A 0%	Vitamin C 6%
Calcium 35%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Large**

<b>Nutrition Facts</b>	
Serving Size 1 large cup (213g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 300</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 64g</b>	<b>21%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 43g	
Protein 11g	
Vitamin A 0%	Vitamin C 8%
Calcium 45%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Cones & Toppings**

**Cake Cone**

<b>Nutrition Facts</b>	
Serving Size 1 cone (7g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 10</b>	<b>Calories from Fat 0</b>
% Daily Value*	
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 2g</b>	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
Protein 0g	
Vitamin A --%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Waffle Cone**

<b>Nutrition Facts</b>	
Serving Size 1 cone (17g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 5</b>
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 8g</b>	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
Protein 1g	
Vitamin A --%	Vitamin C 0%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Hot Fudge**

<b>Nutrition Facts</b>	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 14g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Hot Caramel**

<b>Nutrition Facts</b>	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 90</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 50mg</b>	<b>2%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 13g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

**Cones & Toppings (continued)**

**Rainbow Sprinkles**

<b>Nutrition Facts</b>	
Serving Size 1 tbsp (7g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Chocolate Sprinkles**

<b>Nutrition Facts</b>	
Serving Size 1 tbsp (7g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 35</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Oreo's®**

<b>Nutrition Facts</b>	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 12g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**'Nilla® Wafers**

<b>Nutrition Facts</b>	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 120</b>	<b>Calories from Fat 25</b>
% Daily Value*	
<b>Total Fat 3g</b>	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 10g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**M&Ms® Minis®**

<b>Nutrition Facts</b>	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 20mg</b>	<b>1%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Snyder's®**

**Pretzel Snaps**

<b>Nutrition Facts</b>	
Serving Size 1 ounce (28g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 370mg</b>	<b>15%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

## Gelati with Italian Ice—Averages for Regular Size

### All Custard Flavors (avg)

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 390</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 68g</b>	<b>23%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 60g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Vanilla

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 390</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 66g</b>	<b>22%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 59g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Chocolate

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 400</b>	Calories from Fat 100
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 71g</b>	<b>24%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 62g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Strawberry

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 390</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 62g	
<b>Protein 4g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Coffee

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 380</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 67g</b>	<b>22%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 59g	
<b>Protein 4g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Orange Cream

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 380</b>	Calories from Fat 110
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 66g</b>	<b>22%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 59g	
<b>Protein 4g</b>	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

## Gelati with Italian Ice—Averages for Large Size

### All Custard Flavors (avg)

Nutrition Facts	
Serving Size 1 large gelati (482g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 600</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 85mg</b>	<b>28%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 114g</b>	<b>38%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 104g	
Protein 6g	
Vitamin A 15%	• Vitamin C 2%
Calcium 20%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1 large gelati (482g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 600</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 16g</b>	<b>25%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 110g</b>	<b>37%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 104g	
Protein 6g	
Vitamin A 15%	• Vitamin C 2%
Calcium 20%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1 large gelati (482g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 610</b>	<b>Calories from Fat 130</b>
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 118g</b>	<b>39%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 107g	
Protein 6g	
Vitamin A 10%	• Vitamin C 2%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size 1 large gelati (482g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 600</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol 85mg</b>	<b>28%</b>
<b>Sodium 220mg</b>	<b>9%</b>
<b>Total Carbohydrate 116g</b>	<b>39%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 106g	
Protein 5g	
Vitamin A 15%	• Vitamin C 4%
Calcium 20%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Coffee

Nutrition Facts	
Serving Size 1 large gelati (482g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 600</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 114g</b>	<b>38%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 103g	
Protein 6g	
Vitamin A 15%	• Vitamin C 2%
Calcium 20%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Orange Cream

Nutrition Facts	
Serving Size 1 large gelati (482g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 600</b>	<b>Calories from Fat 140</b>
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 113g</b>	<b>38%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 103g	
Protein 6g	
Vitamin A 15%	• Vitamin C 2%
Calcium 20%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

## Gelati with Cream Ice—Averages for Regular Size

### All Custard Flavors (avg)

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 420</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 71g</b>	<b>24%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 61g	
<b>Protein 6g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 420</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 75mg</b>	<b>25%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 63g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 20%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 430</b>	Calories from Fat 120
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 73g</b>	<b>24%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 63g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 10%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 420</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat 14g</b>	<b>22%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 71g</b>	<b>24%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 63g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Coffee

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 420</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 70g</b>	<b>23%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 60g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Orange Cream

<b>Nutrition Facts</b>	
Serving Size 1 regular gelati (283g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 420</b>	Calories from Fat 130
% Daily Value*	
<b>Total Fat 15g</b>	<b>23%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 70mg</b>	<b>23%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 60g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

## Gelati with Cream Ice—Averages for Large Size

### All Custard Flavors (avg)

<b>Nutrition Facts</b>	
Serving Size 1 large gelati (482g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 670</b>	Calories from Fat 180
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 119g</b>	<b>40%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 105g	
<b>Protein 6g</b>	
Vitamin A 15%	Vitamin C 0%
Calcium 20%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size 1 large gelati (482g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 670</b>	Calories from Fat 180
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 118g</b>	<b>39%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 105g	
<b>Protein 6g</b>	
Vitamin A 15%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size 1 large gelati (482g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 660</b>	Calories from Fat 170
% Daily Value*	
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 119g</b>	<b>40%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 104g	
<b>Protein 6g</b>	
Vitamin A 10%	Vitamin C 0%
Calcium 15%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size 1 large gelati (482g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 670</b>	Calories from Fat 170
% Daily Value*	
<b>Total Fat 19g</b>	<b>29%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol 85mg</b>	<b>28%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 121g</b>	<b>40%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 108g	
<b>Protein 6g</b>	
Vitamin A 15%	Vitamin C 2%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Coffee

<b>Nutrition Facts</b>	
Serving Size 1 large gelati (482g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 670</b>	Calories from Fat 180
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 120g</b>	<b>40%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 104g	
<b>Protein 6g</b>	
Vitamin A 15%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

<b>Nutrition Facts</b>	
Serving Size 1 large gelati (482g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 670</b>	Calories from Fat 180
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 14g	<b>70%</b>
Trans Fat 0g	
<b>Cholesterol 90mg</b>	<b>30%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 118g</b>	<b>39%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 105g	
<b>Protein 6g</b>	
Vitamin A 15%	Vitamin C 0%
Calcium 20%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

**Misto® with Italian Ice—Averages for all sizes**

**Vanilla—Regular**

<b>Nutrition Facts</b>	
Serving Size 1 regular Misto (439g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 480</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 140mg</b>	<b>6%</b>
<b>Total Carbohydrate 103g</b>	<b>34%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 96g	
<b>Protein 3g</b>	
Vitamin A 8%	• Vitamin C 2%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Vanilla—Large**

<b>Nutrition Facts</b>	
Serving Size 1 large Misto (659g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 710</b>	<b>Calories from Fat 90</b>
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 154g</b>	<b>51%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 145g	
<b>Protein 4g</b>	
Vitamin A 10%	• Vitamin C 4%
Calcium 15%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Chocolate—  
Regular**

<b>Nutrition Facts</b>	
Serving Size 1 regular Misto (439g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 510</b>	<b>Calories from Fat 60</b>
% Daily Value*	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 106g</b>	<b>35%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 98g	
<b>Protein 6g</b>	
Vitamin A 6%	• Vitamin C 2%
Calcium 8%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Chocolate—  
Large**

<b>Nutrition Facts</b>	
Serving Size 1 large Misto (659g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 720</b>	<b>Calories from Fat 80</b>
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 170mg</b>	<b>7%</b>
<b>Total Carbohydrate 158g</b>	<b>53%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 147g	
<b>Protein 4g</b>	
Vitamin A 8%	• Vitamin C 4%
Calcium 10%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Misto® with Cream Ice —Averages for all sizes**

**Vanilla—Regular**

<b>Nutrition Facts</b>	
Serving Size 1 regular Misto (439g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 560</b>	<b>Calories from Fat 120</b>
% Daily Value*	
<b>Total Fat 13g</b>	<b>20%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 109g</b>	<b>36%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 98g	
<b>Protein 4g</b>	
Vitamin A 8%	• Vitamin C 0%
Calcium 10%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Vanilla—Large**

<b>Nutrition Facts</b>	
Serving Size 1 large Misto (659g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 820</b>	<b>Calories from Fat 160</b>
% Daily Value*	
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 163g</b>	<b>54%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 148g	
<b>Protein 5g</b>	
Vitamin A 10%	• Vitamin C 0%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Chocolate—  
Regular**

<b>Nutrition Facts</b>	
Serving Size 1 regular Misto (439g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 560</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol 40mg</b>	<b>13%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 112g</b>	<b>37%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 100g	
<b>Protein 4g</b>	
Vitamin A 6%	• Vitamin C 0%
Calcium 8%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Chocolate—  
Large**

<b>Nutrition Facts</b>	
Serving Size 1 large Misto (659g) Servings Per Container 1	
Amount Per Serving	
<b>Calories 830</b>	<b>Calories from Fat 150</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol 50mg</b>	<b>17%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 167g</b>	<b>56%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 151g	
<b>Protein 5g</b>	
Vitamin A 8%	• Vitamin C 0%
Calcium 10%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.

**Ritaccino™—**  
Average for all varieties

<b>Nutrition Facts</b>	
Serving Size 1 Ritaccino (562g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 780</b>	Calories from Fat 180
% Daily Value*	
<b>Total Fat 20g</b>	<b>31%</b>
Saturated Fat 14g	70%
Trans Fat 0g	
<b>Cholesterol 95mg</b>	<b>32%</b>
<b>Sodium 340mg</b>	<b>14%</b>
<b>Total Carbohydrate 147g</b>	<b>49%</b>
Dietary Fiber 0g 0%	
Sugars 131g	
Protein 7g	
Vitamin A 15% • Vitamin C 0%	
Calcium 25% • Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Feature Misto® Flavor—**  
Average for all varieties

Regular

<b>Nutrition Facts</b>	
Serving Size 1 regular Misto (439g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 510</b>	Calories from Fat 80
% Daily Value*	
<b>Total Fat 9g</b>	<b>14%</b>
Saturated Fat 6g	30%
Trans Fat 0g	
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 106g</b>	<b>35%</b>
Dietary Fiber 0g 0%	
Sugars 98g	
Protein 3g	
Vitamin A 8% • Vitamin C 2%	
Calcium 10% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Large

<b>Nutrition Facts</b>	
Serving Size 1 large Misto (659g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 750</b>	Calories from Fat 100
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 7g	35%
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 210mg</b>	<b>9%</b>
<b>Total Carbohydrate 160g</b>	<b>53%</b>
Dietary Fiber 1g 4%	
Sugars 149g	
Protein 4g	
Vitamin A 10% • Vitamin C 2%	
Calcium 15% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Feature Blendini™ Flavors—**  
Average for all varieties

<b>Nutrition Facts</b>	
Serving Size 1 Blendini (312g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories 590</b>	Calories from Fat 200
% Daily Value*	
<b>Total Fat 23g</b>	<b>35%</b>
Saturated Fat 13g	65%
Trans Fat 0g	
<b>Cholesterol 110mg</b>	<b>37%</b>
<b>Sodium 410mg</b>	<b>17%</b>
<b>Total Carbohydrate 90g</b>	<b>30%</b>
Dietary Fiber 1g 4%	
Sugars 68g	
Protein 8g	
Vitamin A 15% • Vitamin C 0%	
Calcium 25% • Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

\*For complete Light Line™ Nutrition Facts including Light Line™ Gelati and Blendini™ varieties, please refer to the Light Line™ Nutrition Guide.