

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Sugar Free Italian Ice—Reference Serving (85 grams)

Cherry

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
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	

Mango-Peach

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
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	

Pineapple

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
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	

Pink Lemonade

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
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	

Root Beer

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
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:	
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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	

Tangerine

Nutrition Facts	
Serving Size 1 (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 35	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
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	
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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	

Servings per Container: Italian Ice*

- Kids = 2 1/2 servings
- Regular = 4 servings
- Large = 6 1/3 servings
- Quart = 10 3/4 servings

*To obtain the total amount of calories, fat, carbohydrates per container, simply multiply the nutritional value by the number of servings per container. For example, if you would like to know how many calories in a full Regular Cherry Sugar-Free Italian Ice, simply multiply 35 calories by 4 servings to obtain the total of 140 calories in a Regular Cherry Sugar-Free Italian Ice.

*Slenderita Fat-Free Soft Serve available at Participating Locations only

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Light Gelati—Regular Size: Sugar-Free Italian Ice with Slenderita™ Fat-Free Soft Serve*

Cherry

Nutrition Facts	
Serving Size 1 (283g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 57g	19%
Dietary Fiber 1g	4%
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	

Mango-Peach

Nutrition Facts	
Serving Size 1 (283g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 56g	19%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 6g	
Vitamin A 0%	Vitamin C 6%
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	

Pineapple

Nutrition Facts	
Serving Size 1 (283g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 56g	19%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 6g	
Vitamin A 0%	Vitamin C 6%
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	

Pink Lemonade

Nutrition Facts	
Serving Size 1 (283g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 58g	19%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 6g	
Vitamin A 0%	Vitamin C 6%
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	

Root Beer

Nutrition Facts	
Serving Size 1 (283g)	
Servings Per Container 1	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 57g	19%
Dietary Fiber 1g	4%
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	

Tangerine

Nutrition Facts	
Serving Size 1 (283g)	
Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 57g	19%
Dietary Fiber 1g	4%
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	

*Slenderita Fat-Free Soft Serve available at Participating Locations only

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Light Gelati—Large Size: Sugar-Free Italian Ice with Slenderita™ Fat-Free Soft Serve*

Cherry

Nutrition Facts	
Serving Size 1 (482g)	
Servings Per Container 1	
Amount Per Serving	
Calories 330	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 89g	30%
Dietary Fiber 1g	4%
Sugars 28g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 30%	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	

Mango-Peach

Nutrition Facts	
Serving Size 1 (482g)	
Servings Per Container 1	
Amount Per Serving	
Calories 330	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 87g	29%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 30%	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	

Pineapple

Nutrition Facts	
Serving Size 1 (482g)	
Servings Per Container 1	
Amount Per Serving	
Calories 330	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 87g	29%
Dietary Fiber 1g	4%
Sugars 30g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 30%	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.	
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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	

Pink Lemonade

Nutrition Facts	
Serving Size 1 (482g)	
Servings Per Container 1	
Amount Per Serving	
Calories 330	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 90g	30%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 7g	
Vitamin A 0%	Vitamin C 8%
Calcium 30%	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	

Root Beer

Nutrition Facts	
Serving Size 1 (482g)	
Servings Per Container 1	
Amount Per Serving	
Calories 330	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 89g	30%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 7g	
Vitamin A 0%	Vitamin C 6%
Calcium 30%	Iron 0%
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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	

Tangerine

Nutrition Facts	
Serving Size 1 (482g)	
Servings Per Container 1	
Amount Per Serving	
Calories 330	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
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Dietary Fiber 1g	4%
Sugars 28g	
Protein 7g	
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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	

*Slenderita Fat-Free Soft Serve available at Participating Locations only

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Light Nilla® Blendini™: Sugar-Free Italian Ice blended with Slenderita™ Fat-Free Soft Serve* & Nilla® Wafers

Cherry

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 410	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 89g	30%
Dietary Fiber 1g	4%
Sugars 44g	
Protein 10g	
Vitamin A 0%	• Vitamin C 6%
Calcium 35%	• 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	

Mango-Peach

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 88g	29%
Dietary Fiber 1g	4%
Sugars 45g	
Protein 10g	
Vitamin A 0%	• Vitamin C 8%
Calcium 35%	• 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	
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pineapple

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 410	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Pink Lemonade

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 410	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
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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	

Root Beer

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 410	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
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Dietary Fiber 1g	4%
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Tangerine

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1.5g	8%
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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

*Slenderita Fat-Free Soft Serve available at Participating Locations only

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Light Oreo® Blendini™: Sugar-Free Italian Ice blended with Slenderita™ Fat-Free Soft Serve* & Oreo® Cookies

Cherry

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 0%	• Vitamin C 6%
Calcium 35%	• 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	

Mango-Peach

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 0%	• Vitamin C 8%
Calcium 35%	• 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	

Pineapple

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 0%	• Vitamin C 8%
Calcium 35%	• 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	

Pink Lemonade

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 87g	29%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 0%	• Vitamin C 8%
Calcium 35%	• 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	

Root Beer

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 0%	• Vitamin C 6%
Calcium 35%	• 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	

Tangerine

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	18%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 46g	
Protein 10g	
Vitamin A 0%	• Vitamin C 6%
Calcium 35%	• 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	

*Slenderita Fat-Free Soft Serve available at Participating Locations only

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Light Pretzel Blendini™: Sugar-Free Italian Ice blended with Slenderita™ Fat-Free Soft Serve* & Snyder's® Pretzel Snaps

Cherry

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 90g	30%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 11g	
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	

Mango-Peach

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 390	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 89g	30%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 11g	
Vitamin A 0%	Vitamin C 8%
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	

Pineapple

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 89g	30%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 11g	
Vitamin A 0%	Vitamin C 8%
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	

Pink Lemonade

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 90g	30%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 11g	
Vitamin A 0%	Vitamin C 8%
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	

Root Beer

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 90g	30%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 11g	
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	

Tangerine

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 400	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 90g	30%
Dietary Fiber 2g	8%
Sugars 35g	
Protein 11g	
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	

*Slenderita Fat-Free Soft Serve available at Participating Locations only

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Light M&Ms® Blendini™: Sugar-Free Italian Ice blended with Slenderita™ Fat-Free Soft Serve* & M&Ms® Minis®

Cherry

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 10g	
Vitamin A 2%	• Vitamin C 6%
Calcium 40%	• 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	

Mango-Peach

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 85g	28%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 10g	
Vitamin A 2%	• Vitamin C 8%
Calcium 40%	• 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	

Pineapple

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 85g	28%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 10g	
Vitamin A 2%	• Vitamin C 8%
Calcium 40%	• 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	

Pink Lemonade

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 10g	
Vitamin A 2%	• Vitamin C 8%
Calcium 40%	• 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	

Root Beer

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 10g	
Vitamin A 2%	• Vitamin C 6%
Calcium 40%	• 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	

Tangerine

Nutrition Facts	
Serving Size 1 (312g)	
Servings Per Container 1	
Amount Per Serving	
Calories 420	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 86g	29%
Dietary Fiber 2g	8%
Sugars 52g	
Protein 10g	
Vitamin A 2%	• Vitamin C 6%
Calcium 40%	• 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	

*Slenderita Fat-Free Soft Serve available at Participating Locations only

Rita's Light Line Nutrition Facts (as of 12/28/2009)

Slenderita™ Fat-Free Soft Serve*

85g Reference

Nutrition Facts	
Serving Size (85g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
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

Nutrition Facts	
Serving Size (113g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	4%
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

Nutrition Facts	
Serving Size (163g)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 49g	16%
Dietary Fiber 1g	4%
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

Nutrition Facts	
Serving Size (213g)	
Servings Per Container	
Amount Per Serving	
Calories 300	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 64g	21%
Dietary Fiber 1g	4%
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	

Cake Cone (1)

Nutrition Facts	
Serving Size (7g)	
Servings Per Container	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
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 (1)

Nutrition Facts	
Serving Size (17g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
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	

*Slenderita Fat-Free Soft Serve available at Participating Locations only