

SQUASHED MANGO

A Healthy mix of Celery, Spinach, Parsley, Lettuce & Watercress blended with Butternut Squash, Juicy Mangoes, Beets & Banana

BUTTERNUT
SQUASH

MANGOES

BEETS

BANANA

CELERY

SPINACH

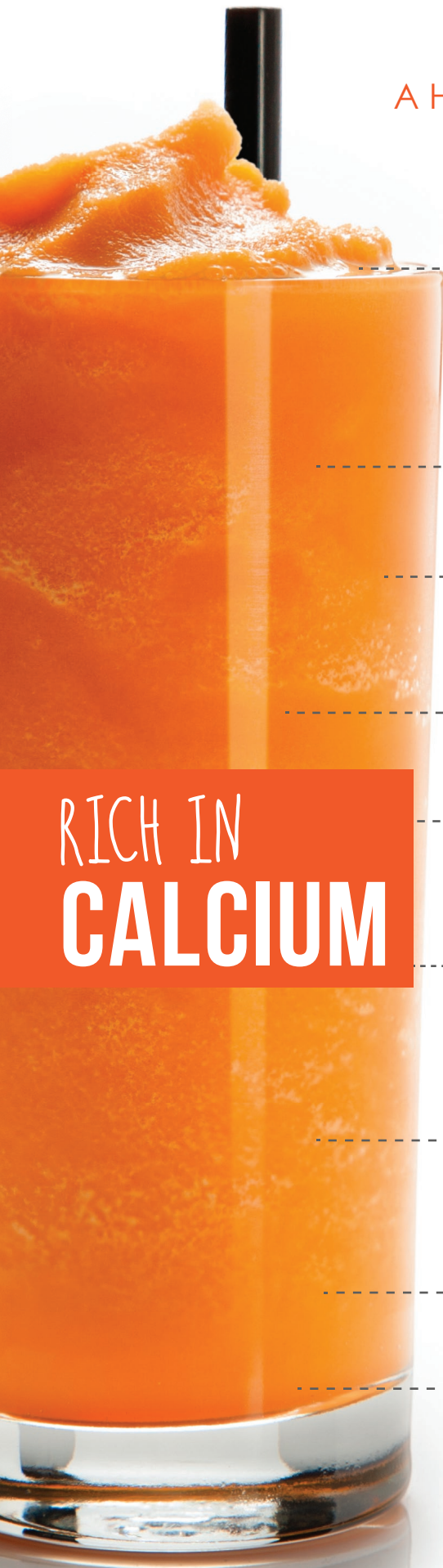
PARSLEY

LETTUCE

WATERCRESS

RICH IN
CALCIUM

TONS OF
VITAMIN A



“SQUASHED MANGO”

8 OZ DR. SMOOTHIE BUTTERNUT SQUASH
& MANGO PURÉE/WATER MIX
4 FREEZE-DRIED BANANA PIECES
(OR 3" FRESH BANANA)
¼ TSP DRIED BEETS
16 OZ ICE

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 310 **Calories from Fat** 5

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 74g **25%**

Dietary Fiber 3g **12%**

Sugars 65g

Protein 2g

Vitamin A 90% • Vitamin C 35%

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	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4