



100% Real Fruit

Smoothies

Dole Bulk Fruit Smoothies

Based on 24 oz. (680 g) & 22 oz. (624 g)

Serving Size (oz.)
Calories
Calories from Fat
% Calories from Fat
Total Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carb (g)
Dietary Fiber (g)
Sugar (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

JUICE BASED SMOOTHIES

Berry Blast	22 oz.	180	0	0%	0g	0mg	20mg	44g	5g	36g	1g	2%	80%	15%	6%
Berry Breeze	22 oz.	200	5	0%	0g	0mg	15mg	48g	5g	40g	1g	4%	210%	10%	6%
Cape Cod	22 oz.	180	5	2%	1g	0mg	20mg	46g	7g	35g	1g	2%	40%	6%	4%
Caribbean Island	24 oz.	250	0	0%	0g	0mg	25mg	63g	6g	51g	2g	2%	280%	4%	6%
Mango Bay	22 oz.	200	0	0%	0g	0mg	15mg	50g	2g	46g	1g	15%	380%	2%	2%
Peachy Razz	24 oz.	230	0	0%	0g	0mg	15mg	56g	6g	44g	2g	10%	360%	20%	6%
Peachtree	22 oz.	210	0	0%	0g	0mg	15mg	52g	3g	45g	1g	4%	310%	2%	4%
Pineapple Berry Fusion	22 oz.	180	0	0%	0g	0mg	15mg	45g	3g	40g	1g	2%	280%	4%	4%
Strawberry Slammer	22 oz.	170	0	0%	0g	0mg	15mg	43g	4g	38g	1g	2%	290%	4%	6%

YOGURT BASED SMOOTHIES

Blueberry Burst	22 oz.	360	10	2%	1g	15mg	0mg	21g	5g	54g	9g	2%	8%	30%	2%
Hawaiian Sunrise	22 oz.	360	0	0%	0g	15mg	5mg	21g	3g	55g	9g	10%	100%	30%	2%
Mango Fusion	22 oz.	380	0	0%	0g	15mg	5mg	27g	4g	59g	9g	8%	70%	30%	2%
Peach Island	22 oz.	360	0	0%	0g	15mg	5mg	22g	2g	57g	9g	15%	160%	30%	2%
Peach Melba	22 oz.	350	0	0%	0g	15mg	0mg	19g	3g	51g	9g	8%	200%	40%	4%
Razzel Berry	22 oz.	370	0	0%	0g	15mg	0mg	28g	9g	47g	9g	6%	2%	60%	8%
Simply Strawberry	22 oz.	330	0	0%	0g	15mg	0mg	13g	4g	48g	9g	0%	120%	30%	4%
Strawberry Banana Blitz	24 oz.	410	0	0%	0g	15mg	0mg	35g	6g	64g	10g	0%	90%	30%	6%
Tropical Passion	22 oz.	390	0	0%	0g	15mg	5mg	30g	4g	61g	9g	10%	70%	30%	2%
Twisted Berry	22 oz.	350	5	0%	0g	15mg	0mg	19g	5g	50g	9g	2%	45%	40%	4%

NO SUGAR ADDED YOGURT BASED SMOOTHIES

Blueberry Burst	22 oz.	300	10	2%	1g	15mg	240mg	73g	5g	32g	12g	2%	15%	40%	32%
Hawaiian Sunrise	22 oz.	300	0	0%	0g	15mg	240mg	73g	3g	33g	12g	10%	110%	45%	2%
Mango Fusion	22 oz.	320	0	0%	0g	15mg	240mg	79g	4g	37g	12g	8%	80%	45%	2%
Peach Island	22 oz.	310	0	0%	0g	15mg	240mg	74g	2g	35g	12g	15%	170%	45%	2%
Peach Melba	22 oz.	300	0	0%	0g	15mg	240mg	71g	3g	29g	12g	8%	200%	50%	4%
RazzMatazz	22 oz.	320	0	0%	0g	15mg	220mg	75g	9g	27g	11g	6%	10%	70%	8%
Simply Strawberry	22 oz.	270	0	0%	0g	15mg	240mg	65g	4g	26g	12g	0%	130%	45%	4%
Strawberry Banana Blitz	24 oz.	350	0	0%	0g	15mg	240mg	87g	6g	42g	13g	0%	100%	45%	6%
Tropical Passion	22 oz.	330	0	0%	0g	15mg	240mg	82g	4g	39g	12g	10%	80%	45%	2%
Twisted Berry	22 oz.	300	5	0%	0g	15mg	240mg	71g	5g	28g	12g	2%	50%	50%	4%



Smoothies



Dole Smoothie Starters™

Based on 20 oz. (567 g)

Calories (per 20 oz.)
Calories from Fat
% Calories from Fat
Total Fat (g)
Cholesterol (mg)
Sodium (mg)
Total Carb (g)
Dietary Fiber (g)
Sugar (g)
Protein (g)
Vitamin A (%DV)
Vitamin C (%DV)
Calcium (%DV)
Iron (%DV)

JUICE BASED SMOOTHIES

Berry Breeze	290	0	0 %	0 g	0mg	0mg	74g	11g	47g	0g	0 %	180 %	0 %	10 %
Caribbean Island	260	0	0 %	0 g	0mg	0mg	69g	11g	36g	0g	0 %	350 %	0 %	0 %
Mango Bay	340	0	0 %	0 g	0mg	0mg	85g	11g	63g	0g	45 %	560 %	0 %	0 %

YOGURT BASED SMOOTHIES

Peach Island	360	0	0 %	0 g	0mg	--	81g	11g	65g	1g	45 %	540 %	4 %	0 %
Strawberry Banana Blitz	280	0	0 %	0 g	0mg	--	65g	11g	38g	1g	0 %	320 %	4 %	0 %
Twisted Berry	310	0	0 %	0 g	0mg	--	70g	11g	49g	1g	0 %	160 %	4 %	10 %

NO SUGAR ADDED YOGURT BASED SMOOTHIES

Peach Island	360	0	0 %	0 g	0mg	35mg	88g	11g	62g	2g	45 %	540 %	6 %	0 %
Strawberry Banana Blitz	270	0	0 %	0 g	0mg	35mg	72g	11g	35g	2g	0 %	330 %	6 %	0 %
Twisted Berry	300	0	0 %	0 g	0mg	35mg	78g	11g	46g	2g	0 %	160 %	6 %	10 %

