

Healthy Choices Guide  
recommendation:  
Choose Sometimes



Contains 100% fruit & juice / Contient 100% fruits et jus

Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value* % valeur quotidienne
Calories / Calories	160
Fat / Lipides	0 g 0 %
Saturated / saturés	0 g 0 %
+ Trans / Trans	0 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	5 mg 0 %
Carbohydrate / Glucides	35 g 12 %
Fiber / Fibres	2 g 8 %
Sugars / Sucres	28 g
Protein / Protéines	1 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	2 %
Iron / Fer	2 %

\*Percent Daily Values are based on a 2,000 calorie diet. Pourcentage de la valeur quotidienne selon un régime alimentaire de 2,000 Calories.

Ingredients: apple juice\*, crushed blueberries and banana, grape juice\*, crushed raspberries, \*from concentrate.  
Ingrédients: jus\* de pommes, pulpes de bleuets et de banane, jus\* de raisins, pulpes de framboises.  
\*jus obtenu à partir de concentré.

**100% FRUIT INSIDE**

**NO added sugar, preservatives or additives.**

Available in 8 naturally gorgeous fruit blends,  
from mother nature... via Sweden. 🇸🇪

mySmoothie  
a fräsch feeling

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Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value* % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 2 g	3 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 28 g	9 %
Fiber / Fibres 3 g	12 %
Sugars / Sucres 21 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	4 %

\*Percent Daily Values are based on a 2,000 calorie diet. Pourcentage de la valeur quotidienne selon un régime alimentaire de 2,000 Calories.  
**Ingredients:** apple juice\*, crushed banana, crushed açaí, crushed raspberries, crushed blackberries, blueberries. \*from concentrate  
**Ingédients:** jus\* de pommes, pulpes de bananes, pulpes de baies d'açaí, pulpes de framboises, pulpes de mûres, myrtilles. \*jus obtenu à partir de concentré

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Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value* % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / Trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 29 g	10 %
Fiber / Fibres 2 g	8 %
Sugars / Sucres 24 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	2 %
Iron / Fer	2 %

\*Percent Daily Values are based on a 2,000 calorie diet. Pourcentage de la valeur quotidienne selon un régime alimentaire de 2,000 Calories.

Ingredients: pomegranate juice\*, grape juice\*, apple juice\*, crushed banana, crushed raspberries, blueberries. \*from concentrate.  
Ingrédients: jus\* de grenade, jus\* de raisins, jus\* de pommes, pulpes de bananes, pulpes de framboises, myrtilles. \*jus obtenu à partir de concentré.

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Amount Teneur	% Daily Value* % valeur quotidienne
Calories / Calories	130
Fat / Lipides	0 g 0 %
Saturated / saturés	0 g 0 %
+ Trans / trans	0 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	5 mg 0 %
Carbohydrate / Glucides	29 g 10 %
Fiber / Fibres	1 g 4 %
Sugars / Sucres	24 g
Protein / Protéines	1 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	6 %
Calcium / Calcium	2 %
Iron / Fer	6 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.

Ingredients: apple juice\*, crushed raspberries, grape juice\*, crushed banana, elderberry juice\*, from concentrate.

Ingédients: jus\* de pommes, pulpes de framboises, jus\* de raisins, pulpes de banane, jus\* de baies de sureau. \*jus obtenu à partir de concentré.

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Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value* % valeur quotidienne
<b>Calories / Calories</b> 150	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g	<b>0 %</b>
+ Trans / Trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 37 g	<b>12 %</b>
Fiber / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 31 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	30 %
Calcium / Calcium	2 %
Iron / Fer	4 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.

**Ingredients:** crushed mango, apple juice\*,  
crushed banana, grape, orange & passion fruit juice\*.  
\*from concentrate.

**Ingédients:** pulpes de mangue, jus\* de pommes,  
pulpes de banane, jus\* de raisins, d'oranges, de fruit  
de la passion. \*jus obtenu à partir de concentré.

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Calories / Calories	130
Fat / Lipides	0 g 0 %
Saturated / saturés	0 g 0 %
+ Trans / trans	0 g
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	30 mg 1 %
Carbohydrate / Glucides	31 g 10 %
Fiber / Fibres	1 g 4 %
Sugars / Sucres	30 g
Protein / Protéines	1 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	45 %
Calcium / Calcium	2 %
Iron / Fer	10 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.

Ingredients: apple juice\*, crushed peach and banana, orange and passion fruit juices\*.  
\*from concentrate.

Ingédients: jus de pommes\*, pulpes de pêche et banane, jus\* d'oranges et fruit de la passion.  
\*jus obtenu à partir de concentré.

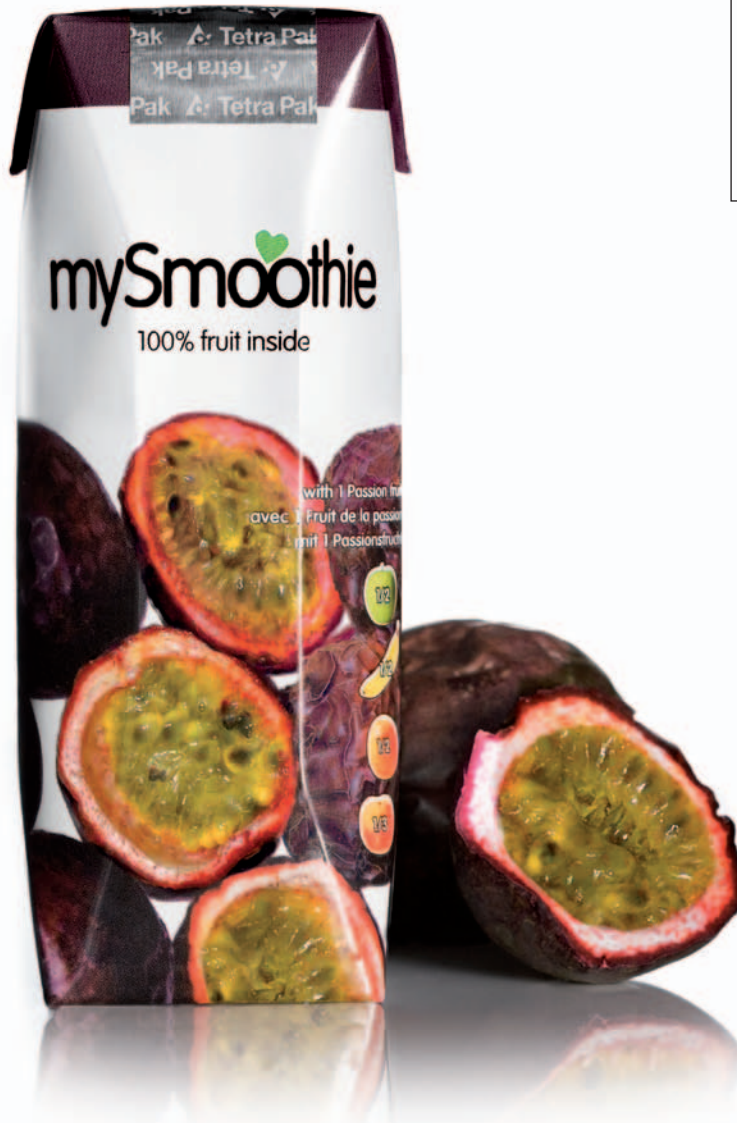
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<b>Calories / Calories</b> 130	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g	<b>0 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 20 mg	<b>1 %</b>
<b>Carbohydrate / Glucides</b> 32 g	<b>11 %</b>
Fiber / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 30 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	60 %
Calcium / Calcium	20 %
Iron / Fer	25 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
 Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.

**Ingredients:** crushed banana, passion fruit juice, apple and orange juices\*, crushed peach.  
 \*from concentrate  
**Ingédients:** pulpes de banane, jus\* de fruit de la passion, de pommes et d'oranges, pulpes de pêche.  
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Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value* % valeur quotidienne
<b>Calories / Calories 120</b>	
<b>Fat / Lipides 0 g</b>	<b>0 %</b>
Saturated / saturés 0 g	0 %
+ Trans / Trans 0 g	0 %
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 20 mg</b>	<b>1 %</b>
<b>Carbohydrate / Glucides 30 g</b>	<b>10 %</b>
Fiber / Fibres 2 g	8 %
Sugars / Sucres 29 g	
<b>Protein / Protéines 1 g</b>	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	25 %
Calcium / Calcium	4 %
Iron / Fer	15 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
 Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 Calories.

**Ingredients:** crushed strawberries, apple and grape juice\*, crushed banana, orange juice\*, aronia juice\*, from concentrate.  
 **Ingrédients:** pulpes de fraises, jus\* de pommes et raisins, pulpes de banane, jus\* d'oranges et aronia. \*jus obtenu à partir de concentré.

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