



eat well **THRIVE**
Gelato



Better Taste, Better Texture, More Nutrition

Nutritional Component	Unit	Thrive™ Gelato	Magic Cup™	Lyons Treat®	Mighty Shake®
Calories	kcal	260	290	300	300
Total Fat	g	11	11	12	9
Saturated Fat	g	6	6	6	1.5
Trans Fat	g	0	0	0	0
Cholesterol	Mg	5	5	5	5
Sodium	mg	40	110	120	90
Potassium	mg	297	350	240	310
Total Carbs	g	32	38	39	45
Dietary Fiber	g	0	0	0	0
Sugars	g	32	31	28	24
Protein	g	9	9	9	9
Vitamin A	%DV	20	15	15	20
Vitamin C	%DV	20	15	15	20
Calcium	%DV	15	15	20	20
Iron	%DV	10	15	15	20
Vitamin D	%DV	15	--	15	--
Vitamin E	%DV	20	--	15	--
Vitamin K	%DV	6	--	--	--
Thiamin	%DV	15	15	15	15
Riboflavin	%DV	20	20	20	20
Niacin	%DV	15	8	15	20
Vitamin B6	%DV	10	15	15	20
Folate	%DV	15	15	15	20
Vitamin B12	%DV	25	15	15	20
Biotin	%DV	6	--	--	--
Pantothenic Acid	%DV	20	--	--	--
Phosphorus	%DV	15	15	15	15
Iodine	%DV	10	--	15	--
Magnesium	%DV	10	10	10	10
Zinc	%DV	20	15	15	20
Selenium	%DV	15	--	--	--
Copper	%DV	20	--	10	--
Manganese	%DV	8	--	10	--
Chromium	%DV	8	--	--	--
Molybdenum	%DV	15	--	--	--