

Flavour	Calories	Total Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Sugar Alcohol (g)	SPECIAL NOTES	KOSHER CERTIFIED
Berry Cookies N Cream	140	5	0.1	20	16	3		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
Butter Tart	180	10	0.3	20	14	3			YES
Cherries Jubilee	140	7	0.2	16	12	2			YES
Chocolate	140	8	0.3	16	11	3			YES
Chocolate Chip	150	10	0.3	15	11	3			YES
Chocolate Chip Cookie Dough	170	9	0.3	20	14	3			YES
Chocolate Chocolate Chip Cheesecake	190	11	0.2	19	14	3			YES
Chocolate Mousse Royale	180	11	0.3	18	13	3			YES
Citrus Twist Ice	60	0	0	15	11	0			YES
Cookies 'n Cream	170	10	0.3	16	11	3			YES
Cotton Candy	150	7	0.3	18	11	3			YES
Gold Medal Ribbon	150	8	0.3	19	14	3			YES
Icing on the Cake	200	11	0.2	22	18	3			YES
Jamoca® Almond Fudge	160	9	0.2	18	13	3			YES
Made with Snickers Bars	170	9	0.3	21	16	3			YES
Mango Mania	130	6	0.2	17	14	2			YES
Mango Tango	140	6	0.2	18	15	2			YES
Maple Walnut	160	10	0.3	14	11	3			NO
Maui Brownie Madness Frozen Yogurt	150	7	0.1	19	14	4		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
Mint Chocolate Chip	150	10	0.3	14	11	3			YES
NF Vanilla Yogurt	80	0.2	0	16	13	4		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
NSA Caramel Turtle Truffle	120	5	0.1	24	4	3	15	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this product	YES
NSA Pineapple Coconut	100	4	0.1	19	5	3	9	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this product	YES
Nutty Coconut	180	12	0.2	15	11	4			YES
Peanut Butter 'n Chocolate	180	12	0.2	15	11	4			YES
Pistachio Almond	170	12	0.3	13	10	4			YES
Pralines 'n Cream	170	9	0.3	20	16	3			YES
Pumpkin Cheesecake	160	8	0.3	21	16	3			YES
Rainbow Sherbet	80	1.5	0.1	17	13	1			YES
Rocky Road	160	9	0.2	18	13	3			NO
Rum Raisin	150	7	0.2	19	16	2			YES
Strawberry Cheesecake	160	8	0.2	18	14	3			YES
Tropical Rainbow Sherbet	80	1.5	0	17	13	1			YES
U.S.S. Butterscotch	170	9	0.3	20	16	2			YES
Vanilla	140	9	0.3	14	13	3			YES
Very Berry Strawberry	130	7	0.2	15	13	2			YES
Wild 'n Reckless Sherbet	80	1.5	0	16	12	1			YES
World Class Chocolate	160	10	0.3	15	11	3			YES

Flavour	Calories	Total Fat (g)	Trans Fat (g)	Carbohydrates (g)	Sugars (g)	Protein (g)	Sugar Alcohol (g)	SPECIAL NOTES	KOSHER CERTIFIED
Berry Cookies N Cream	220	8	0.2	32	25	4		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
Butter Tart	290	17	0.5	31	23	4			YES
Cherries Jubilee	220	11	0.4	26	19	4			YES
Chocolate	230	13	0.4	25	18	5			YES
Chocolate Chip	240	15	0.5	23	18	5			YES
Chocolate Chip Cookie Dough	280	15	0.5	31	23	5			YES
Chocolate Chocolate Chip Cheesecake	300	18	0.4	31	22	5			YES
Chocolate Mousse Royale	280	17	0.5	28	21	5			YES
Citrus Twist Ice	100	0	0	24	18	0			YES
Cookies 'n Cream	270	17	0.4	25	18	5			YES
Cotton Candy	230	12	0.4	28	18	4			YES
Gold Medal Ribbon	240	12	0.4	30	23	4			YES
Icing on the Cake	320	18	0.4	35	28	4			YES
Jamoca® Almond Fudge	260	15	0.4	28	20	5			YES
Made with Snickers Bars	270	14	0.4	33	26	5			YES
Mango Mania	210	10	0.4	27	22	4			YES
Mango Tango	230	10	0.4	29	24	4			YES
Maple Walnut	260	17	0.4	22	17	5			NO
Maui Brownie Madness Frozen Yogurt	230	11	0.2	30	22	6		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
Mint Chocolate Chip	240	15	0.5	23	18	5			YES
NF Vanilla Yogurt	130	0.4	0	25	20	6		*Contains Live Yogurt Cultures (streptococcus Thermophilus, Lactobacillus delbrueckii subsp. Bulgaricus).	YES
NSA Caramel Turtle Truffle	200	8	0.2	38	7	5	24	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this product	YES
NSA Pineapple Coconut	160	6	0.2	30	8	5	14	WARNING: Sensitive individuals may experience a laxative effect from excessive consumption of this product	YES
Nutty Coconut	280	19	0.4	23	17	6			YES
Peanut Butter 'n Chocolate	290	20	0.4	24	17	7			YES
Pistachio Almond	270	18	0.5	21	15	7			YES
Pralines 'n Cream	270	14	0.4	32	26	4			YES
Pumpkin Cheesecake	260	12	0.4	33	26	4			YES
Rainbow Sherbet	130	2	0.1	26	20	1			YES
Rocky Road	250	14	0.4	29	20	5			NO
Rum Raisin	230	11	0.4	30	25	4			YES
Strawberry Cheesecake	250	13	0.4	28	21	4			YES
Tropical Rainbow Sherbet	130	2	0.1	27	21	1			YES
U.S.S. Butterscotch	270	14	0.5	31	25	4			YES
Vanilla	220	14	0.5	20	16	5			YES
Very Berry Strawberry	200	10	0.4	24	21	4			YES
Wild 'n Reckless Sherbet	130	2	0.1	25	18	2			YES
World Class Chocolate	260	16	0.5	25	18	5			YES