

UPC 70470

This list includes smoothies that meet the Connecticut Nutrition Standards for the Snacks and Desserts category. For additional information on the Connecticut Nutrition Standards, see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>. Contact information for listed vendors is available in *Vendors for Acceptable Food and Beverages* at <http://www.sde.ct.gov/sde/lib/sde/PDF/DEPS/Student/NutritionEd/VendorsHealthySnacks.pdf>.

Products meeting the Connecticut Nutrition Standards must be in a single-serve package OR in a package that does not exceed the serving size limits below (see "Maximum Portion Size"). Products with more than one serving per package are denoted by an asterisk (\*). Nutrition information for these products is listed for the entire package, not the single serving size.

Product formulations and packaging may change. The nutrition information below is based on package label and/or manufacturer information supplied at the time of product review. If this information does not match your product's label, please provide the Nutrition Facts label to the Connecticut State Department of Education so this information can be updated. **This list is updated regularly and is subject to change. Check online for the most recent version at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320754#Standards>.**

To assist in identifying new items added since the previous edition of the list, the manufacturer and food item (first two columns) of all new items are highlighted in pink.

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**Maximum Portion Size**

Smoothies (made with low-fat yogurt, milk or other low-fat dairy alternatives and/or fruit/juice) **10 fl oz**

**Connecticut Nutrition Standards**

**Category: Snacks and Desserts**

<sup>1</sup> Smoothies: No more than 5 grams total sugars per fluid ounce (includes naturally occurring and added sugars).

No artificial sweeteners, nonnutritive sweeteners or sugar alcohols.  
No chemically altered fat substitutes.  
No caffeine, except for trace amounts of naturally occurring caffeine-related substances.

Manufacturer	Food Item	Package Size	Calories	Fat (g)	Fat Calories	Percent Calories from Fat	Saturated Fat (g)	Calories from Saturated Fat	Percent Calories from Saturated Fat	Trans Fat (g)	Total Sugars (g)	Grams of Sugars per Ounce	Sodium (mg)	Fiber (g)	Vendor	Notes
Dahlicious, LLC	Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie, B Wild (Blueberry)	8 fl oz	130	2.5	23	17.3%	1.5	13.5	10.4%	0.0	19	2.4	110	2	Albert's Organics New England	UPC 93573 47721
Dahlicious, LLC	Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie, Bana Nana	8 fl oz	120	2.5	23	18.8%	1.5	13.5	11.3%	0.0	19	2.4	80	4	Albert's Organics New England	UPC 93573 47720

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No more than 7 grams  
No more than 35%  
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No more than 10%  
Less than 0.5 gram  
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No more than 500 milligrams  
Increase Fiber

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Dahlicious, LLC	Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie, Mango Go	8 fl oz	130	2	18	13.8%	1.0	9.0	6.9%	0.0	24	3.0	70	3	Albert's Organics New England	UPC 93573 43136
Dahlicious, LLC	Dahlicious Lassi Lowfat Cultured Organic Milk Smoothie, Peach Ee	8 fl oz	120	2.5	23	18.8%	1.5	13.5	11.3%	0.0	18	2.3	100	3	Albert's Organics New England	UPC 93573 47719
Dannon	Frusion Banana Berry Blend Smoothies, 10 fl oz	10 fl oz	260	3.5	32	12.1%	2.0	18.0	6.9%	0.0	47	4.7	105	0		
Dannon	Frusion Banana Berry Blend Smoothies, 7 fl oz	7 fl oz	180	2.5	23	12.5%	1.5	13.5	7.5%	0.0	34	4.9	90	0		
Dannon	Frusion Cherry Berry Fruit Blend Smoothies, 10 fl oz	10 fl oz	260	3.5	32	12.1%	2.0	18.0	6.9%	0.0	47	4.7	190	0		
Dannon	Frusion Peach Passion Fruit Blend Smoothies, 10 fl oz	10 fl oz	260	3.5	32	12.1%	2.0	18.0	6.9%	0.0	47	4.7	150	0		

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Dannon	Frusion Pina Colada Fruit Blend Smoothies, 10 fl oz	10 fl oz	260	3.5	32	12.1%	2.0	18.0	6.9%	0.0	48	4.8	135	0		
Dannon	Frusion Strawberry Blend Smoothies, 10 fl oz	10 fl oz	260	3.5	32	12.1%	2.0	18.0	6.9%	0.0	48	4.8	125	0		
Dannon	Frusion Strawberry Kiwi Blend Smoothies, 10 fl oz	10 fl oz	260	3.5	32	12.1%	2.0	18.0	6.9%	0.0	48	4.8	130	0		
Dannon	Frusion Wild Berry Blend Smoothies, 10 fl oz	10 fl oz	280	3.5	32	11.3%	2.0	18.0	6.4%	0.0	48	4.8	130	0		
Dannon	Frusion Wild Berry Blend Smoothies, 7 fl oz	7 fl oz	180	2.5	23	12.5%	1.5	13.5	7.5%	0.0	34	4.9	90	0		
General Mills	Yoplait Smoothie, Mixed Berry, 8 fl oz	8 fl oz	190	2.5	23	11.8%	1.5	13.5	7.1%	0.0	31	3.9	150	3	Guida	UPC 70470-01375
General Mills	Yoplait Smoothie, Strawberry Banana, 8 fl oz	8 fl oz	190	2.5	23	11.8%	1.5	13.5	7.1%	0.0	31	3.9	150	3	Guida	UPC 70470-01377
General Mills	Yoplait Smoothie, Strawberry, 8 fl oz	8 fl oz	190	2.5	23	11.8%	1.5	13.5	7.1%	0.0	31	3.9	150	3	Guida	UPC 70470-01376

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Imagine Foods	Kidz Dream Berry Blast Smoothie (12% juice), 8 fl oz	8 fl oz	100	2	18	18.0%	0.0	0	0.0%	0.0	13	1.6	35	1	Yo Naturals	UPC 84253 26072
Imagine Foods	Kidz Dream Orange Cream Smoothie (23% juice), 8 fl oz	8 fl oz	120	2	18	15.0%	0.0	0	0.0%	0.0	17	2.1	30	<1	Yo Naturals	UPC 84253 26071
Stonyfield Farm	Organic Smoothie, Banana Berry, 10 fl oz	10 fl oz	250	3	27	10.8%	2.0	18.0	7.2%	0.0	44	4.4	150	4	Berkshire, UNFI	UPC 52159 01303
Stonyfield Farm	Organic Smoothie, Peach, 10 fl oz	10 fl oz	250	3	27	10.8%	2.0	18.0	7.2%	0.0	44	4.4	150	4	Berkshire, UNFI	UPC 52159 01302
Stonyfield Farm	Organic Smoothie, Raspberry, 10 fl oz	10 fl oz	240	3	27	11.3%	2.0	18.0	7.5%	0.0	41	4.1	150	4	Berkshire, UNFI	UPC 52159 01301
Stonyfield Farm	Organic Smoothie, Strawberry, 10 fl oz	10 fl oz	250	3	27	10.8%	2.0	18.0	7.2%	0.0	41	4.1	160	4	Berkshire, UNFI	UPC 52159 01300
Stonyfield Farm	Organic Smoothie, Strawberry, 6 fl oz	6 fl oz	150	2	18	12.0%	1.0	9.0	6.0%	0.0	25	4.2	95	2	Berkshire, UNFI	UPC 52159 01330
Stonyfield Farm	Organic Smoothie, Vanilla, 10 fl oz	10 fl oz	250	3	27	10.8%	2.0	18.0	7.2%	0.0	41	4.1	150	4	Berkshire, UNFI	UPC 52159 01308
Stonyfield Farm	Organic Smoothie, Wild Berry, 10 fl oz	10 fl oz	250	3	27	10.8%	2.0	18.0	7.2%	0.0	41	4.1	160	4	Berkshire, UNFI	UPC 52159 01307
Stonyfield Farm	Organic Smoothie, Wild Berry, 6 fl oz	6 fl oz	150	2	18	12.0%	1.0	9.0	6.0%	0.0	24	4.0	95	2	Berkshire, UNFI	UPC 52159 01332

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White Wave	Silk Live Soymilk Smoothies, Blueberry	10 fl oz	230	4	36	15.7%	0.5	4.5	2.0%	0.0	35	3.5	120	3	HPC, UNFI, Vistar, Thurston, Sysco	
White Wave	Silk Live Soymilk Smoothies, Mango	10 fl oz	230	4	36	15.7%	0.5	4.5	2.0%	0.0	32	3.2	120	3	HPC, UNFI, Vistar, Thurston, Sysco	
White Wave	Silk Live Soymilk Smoothies, Peach	10 fl oz	220	4	36	16.4%	0.5	4.5	2.0%	0.0	32	3.2	120	3	HPC, UNFI, Vistar, Thurston, Sysco	
White Wave	Silk Live Soymilk Smoothies, Raspberry	10 fl oz	210	4	36	17.1%	0.5	4.5	2.1%	0.0	29	2.9	120	3	UNFI, Vistar, Thurston, Sysco	
White Wave	Silk Live Soymilk Smoothies, Strawberry	10 fl oz	220	4	36	16.4%	0.5	4.5	2.0%	0.0	32	3.2	120	3	HPC, UNFI, Vistar, Thurston, Sysco	
Whitney's Foods, Inc.	Yo on the Go Smoothie, Banana Berry, 4 fl oz	4 fl oz	90	1.5	14	15.0%	1.0	9.0	10.0%	0.0	13	3.3	40	0		UPC 15506 35008
Whitney's Foods, Inc.	Yo on the Go Smoothie, Banana Berry, 8 fl oz	8 fl oz	180	3	27	15.0%	2.0	18.0	10.0%	0.0	29	3.6	80	0		UPC 15506 35001

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Whitney's Foods, Inc.	Yo on the Go Smoothie, Mixed Berry 4 fl oz	4 fl oz	90	1.5	14	15.0%	1.0	9.0	10.0%	0.0	13	3.3	40	0		UPC 15506 45008
Whitney's Foods, Inc.	Yo on the Go Smoothie, Mixed Berry, 8 fl oz	8 fl oz	180	3	27	15.0%	2.0	18.0	10.0%	0.0	29	3.6	80	0		UPC 15506 45001
Whitney's Foods, Inc.	Yo on the Go Smoothie, Peach 4 fl oz	4 fl oz	90	1.5	14	15.0%	1.0	9.0	10.0%	0.0	13	3.3	40	0		UPC 15506 55008
Whitney's Foods, Inc.	Yo on the Go Smoothie, Peach 8 fl oz	8 fl oz	180	3	27	15.0%	2.0	18.0	10.0%	0.0	29	3.6	80	0		UPC 15506 55001
Whitney's Foods, Inc.	Yo on the Go Smoothie, Strawberry, 4 fl oz	4 fl oz	90	1.5	14	15.0%	1.0	9.0	10.0%	0.0	13	3.3	40	0		UPC 15506 25008
Whitney's Foods, Inc.	Yo on the Go Smoothie, Strawberry, 8 fl oz	8 fl oz	180	3	27	15.0%	2.0	18.0	10.0%	0.0	29	3.6	80	0		UPC 15506 25001