

CHS			CHS	
<b>My Favorite Purple Smoothie</b> Serving Size: 8 oz. portion		•	<b>My Favorite Purple Smoothie</b> Serving Size: 8 oz. portion	
Calories	94	Calories	94	
Total Fat	.5g	Total Fat	.5g	
Saturated Fat	.1	Saturated Fat	.1	
Trans Fat		Trans Fat		
Cholesterol	.6mg	Cholesterol	.6mg	
Sodium	23mg	Sodium	23mg	
Carbohydrate	22g	Carbohydrate	22g	
, Dietary Fiber	3g	, Dietary Fiber	3g	
Protein	2g	, Protein	2g	
Vitamin A	109mg (RE)	Vitamin A	109mg (RE)	
Vitamin C	12mg	Vitamin C	12mg	
Calcium	66mg	Calcium	66mg	
For more information about food labels and nutrition visit <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>			http://www.choosemyplate.gov/	
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