

# Nutrition Facts

## Strawberry Haven

Serving Size 32 oz

### Amount Per Serving

**Calories** 429.13      **Calories from Fat** 4.29

### % Daily Value

**Total Fat** 0.41g 1%

Monounsaturat Fat 0.04g

Polyunsaturat Fat 0.12g

Saturated Fat 0.1g 1%

**Cholesterol** 0mg 0%

**Sodium** 74.17mg 3%

**Total Carbohydrate** 108.4g 36%

Dietary Fiber 4.59g 18%

Insoluble Fiber 0g

**Protein** 4.41g 9%

**Water** 343.17ml

**Caffeine** 0mg

### Vitamins:

Vitamin A 11.34RE 0%

Vitamin E 0.54mg 3%

Thiamin (B1) 0.07mg 5%

Riboflavin (B2) 0.15mg 9%

Niacin (B3) 1.56mg 8%

Vitamin B6 0.38mg 19%

Vitamin B12 0mcg 0%

Folacin (Folic Acid) 36.29mcg 9%

Pantothenic Acid 0.41mg 4%

Vitamin C 54.12mg 90%

Vitamin D 0IU 0%

Vitamin K 2.92mcg 4%

### Minerals:

Calcium 25.95mg 3%

Magnesium 46.48mg 12%

Phosphorus 40.15mg 4%

Potassium 586.56mg 17%

Copper 0.13mg 6%

Iron 1.07mg 6%

Zinc 0.52mg 3%

Manganese 0.56mg 28%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.*

### Other Information:

Calories from Protein 4%

Calories from Carbohydrate 95%

Calories from Fat 1%

Poly/Sat Fat 1.2:1

Sodium/Potassium 0.1:1

Calcium/Phosphorus 0.6:1

### Essential Amino Acids:

### % Daily Value\*

Histidine 0.07g 7%

Isoleucine 0.04g 6%

Leucine 0.08g 8%

Lysine 0.06g 7%

Methionine 0.01g 1%

Phenylalanine 0.06g 6%

Threonine 0.04g 8%

Tryptophan 0.01g 4%

Valine 0.05g 7%

*\* Percent Daily Values are based on an average sized adult.*

### Other Amino Acids:

Alanine 0.06g Glycine 0.05g

Arginine 0.06g Proline 0.04g

Aspartic Acid 0.21g Serine 0.05g

Cystin 0.01g Tyrosine 0.02g

Glutamic Acid 0.2g

### Fatty Acids:

Linoleic 0.07g Oleic 0.04g

### Caloric Ratio:

Carbs 95%      Fats 0%      Protein 5%

### Good News:

This food is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin and Manganese, and a very good source of Vitamin C. Contains known anti-inflammatory nutrients, including Vitamin C.

Ingredients: Raspberry Juice, Strawberry Yogurt, Strawberries, Banana

