

Prepared Foods Nutrition Facts



Organic Fruit Smoothies	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Mango	Small	220	0	0	0	0	0	0	0	0	5	0	56	19	2	8	46	0	0	0	2	0
Peach	Small	240	0	0	0	0	0	0	0	0	5	0	59	20	0	0	53	0	0	0	2	0
Raspberry	Small	240	0	0	0	0	0	0	0	0	5	0	58	19	2	8	48	0	0	0	2	0
Strawberry	Small	240	0	0	0	0	0	0	0	0	5	0	58	19	2	8	50	0	0	0	2	0
Strawberry Banana	Small	220	0	0	0	0	0	0	0	0	5	0	56	19	0	0	48	0	0	0	2	0
Mango	Medium	340	0	0	0	0	0	0	0	0	10	0	84	28	2	8	70	0	0	0	2	0
Peach	Medium	360	0	0	0	0	0	0	0	0	10	0	89	30	0	0	79	0	0	0	2	0
Raspberry	Medium	360	0	0	0	0	0	0	0	0	10	0	86	29	2	8	72	0	0	0	2	0
Strawberry	Medium	360	0	0	0	0	0	0	0	0	10	0	86	29	2	8	74	0	0	0	2	0
Strawberry Banana	Medium	340	0	0	0	0	0	0	0	0	10	0	84	28	0	0	72	0	0	0	2	0
Mango	Large	450	0	0	0	0	0	0	0	0	10	0	112	37	3	12	93	0	0	0	2	0
Peach	Large	480	0	0	0	0	0	0	0	0	10	0	118	39	0	0	106	0	0	0	2	0
Raspberry	Large	480	0	0	0	0	0	0	0	0	10	0	115	38	3	12	96	0	0	0	4	0
Strawberry	Large	480	0	0	0	0	0	0	0	0	10	0	115	38	3	12	99	0	0	0	4	0
Strawberry Banana	Large	450	0	0	0	0	0	0	0	0	10	0	112	37	0	0	96	0	0	0	4	0
Whipped Cream	Any Size	70	45	4.5	7	2	10	0	0	0	0	0	5	2	0	0	5	0	0	0	0	0

Have questions or comments? Call Wegmans Consumer Affairs
 Monday-Friday 8 a.m. - 5 p.m.
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760

Prepared Foods Nutrition Facts



Organic Fruit & Yogurt Smoothies	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	(g)			(g)	(%DV)	(g)	(%DV)	(g)	(mg)	(%DV)	(mg)	(%DV)	(g)	(%DV)	(g)	(%DV)	(g)	(g)	(%DV)	(%DV)	(%DV)	(%DV)
Mango	Small	250	0	0	0	0	0	0	5	2	25	1	58	19	2	8	48	6	0	0	6	0
Peach	Small	270	0	0	0	0	0	0	5	2	25	1	61	20	0	0	55	6	0	0	6	0
Raspberry	Small	270	0	0	0	0	0	0	5	2	25	1	59	20	2	8	50	6	0	0	8	0
Strawberry	Small	270	0	0	0	0	0	0	5	2	25	1	59	20	2	8	51	6	0	0	8	0
Strawberry Banana	Small	250	0	0	0	0	0	0	5	2	25	1	58	19	0	0	50	6	0	0	8	0
Mango	Medium	380	0	0	0	0	0	0	5	2	35	1	87	29	2	8	72	9	0	0	10	0
Peach	Medium	410	0	0	0	0	0	0	0	0	35	1	92	31	0	0	82	9	1	1	10	0
Raspberry	Medium	410	0	0	0	0	0	0	5	2	35	1	89	30	2	8	75	9	0	0	10	0
Strawberry	Medium	410	0	0	0	0	0	0	5	2	35	1	89	30	2	8	77	9	0	0	10	0
Strawberry Banana	Medium	380	0	0	0	0	0	0	5	2	35	1	87	29	0	0	75	9	0	0	10	0
Mango	Large	510	0	0	0	0	0	0	10	3	45	2	116	39	3	12	97	12	0	0	15	0
Peach	Large	540	0	0	0	0	0	0	10	3	45	2	122	41	0	0	109	12	0	0	15	0
Raspberry	Large	540	0	0	0	0	0	0	10	3	45	2	119	40	3	12	100	12	0	0	15	0
Strawberry	Large	540	0	0	0	0	0	0	10	3	45	2	119	40	3	12	103	12	0	0	15	0
Strawberry Banana	Large	510	0	0	0	0	0	0	10	3	45	2	116	39	0	0	100	12	0	0	15	0
Whipped Cream	Any Size	70	45	4.5	7	2	10	0	0	0	0	0	5	2	0	0	5	0	0	0	0	0
Protein Powder	Any Size	80	5	0.5	1	0	0	0	20	7	40	2	2	1	1	4	1	18	0	0	10	0

Have questions or comments? Call Wegmans Consumer Affairs
 Monday-Friday 8 a.m. - 5 p.m.
 (585) 464-4760 or toll free 1-800-WEGMANS ext.4760