






Smoothies

Name	Calories	Fat	Sugar	Saluki Select Premium 	Saluki Select 	Saluki Stop 	Justification
Low Calorie Mango Beach	90	0	5	✓			High in vitamins and minerals
Low Calorie Orange Passion	133	3	6	✓			Refrain from consumption if
Low Calorie Strawberry Sunrise	153	0	6	✓			sensitive to artificial sweeteners
Low Calorie Strawberry Oasis	90	0	9		✓		All low in sugar, fat, & calories &
High Test Energizer	229	0	67			☹	100% of calories come from sugar
Berry Breeze	306	0	70			☹	High calorie and 92% calories from sugar

Other Treats

Nonfat Vanilla Cake cone	197	0	26	✓			Best treat options compared to
Nonfat Chocolate Cake cone	208	0.5	25	✓			other menu items
Nonfat vanilla cup (7oz)	241	0	35		✓		Larger portions
Nonfat chocolate cup (7oz)	256	1	33		✓		than cones
Brownie Batter Microblast	724	25	79			☹	Very high in
Reese's pieces & Peanut butter Microblast	751	29	79			☹	calories, fat and sugar
Oreo Cream Milkshake	643	9	1			☹	
Java Chip Java Boost	704	32	83			☹	

Educational Moments:

- Low Calorie smoothies contain artificial sweeteners that some individuals have adverse reactions to. Please be mindful if this relates to you.

- Just because treats are made with frozen yogurt doesn't mean that they are lower in sugar, fat, or calories or are considered a "healthy food".
- Two of best ways to control calories when indulging in a treat are to control portion sizes and order low fat or fat free items.
- Frozen yogurt is a source of calcium and hard-to-get vitamin D that increases bone absorption of calcium.