

# smooze!® fruit ice

100% Natural with  
Real Fruit Purees & Coconut Milk

## Nutritional comparison with Ice Cream

**Smooze contains significantly less kilojoules, carbohydrates, sugars and both total and saturated fats.** Plus it has the added benefit of one gram of dietary fibre per serve.

Per 65mL Serve	smooze! mango/ coconut	ICECREAM	
		Vanilla	Vanilla (Light)
Energy	272 kJ (65 cal)	1240kJ (296 cal)	980kJ (234 cal)
Protein	<1g	5.8g	4.3g
Carbohydrates			
- Total	11g	33.2g	44.8g
- Sugars	8g	26g	30.3g
Dietary Fibre	1g	0g	0g
Fat - Total	2.5g	15.9	4.3g
- Saturated	2g	11.6g	2.9g

