

HEALTHIER FOR YOU

Sip & Snack Choices

SLUSH PUPPIE PLUS 100% Fruit Juice

A nutritious option for kids, Slush Puppie Plus® is made from white grape and apple juice, so it is a healthier frozen slush alternative.

Nutrition Facts

Neutral Concentrate 5+1, 100% Juice
Serving Size: 1.33 fl oz syrup [8 fl oz diluted]

Calories	120
Calories from Fat	0
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	31g
Dietary Fiber	0g
Sugars	31g
Protein	0g
Vitamin A	0%
Vitamin C	100% DV
Calcium	2% DV
Iron	2% DV

Ingredients: Apple and White Grape Juice Concentrates, Water, Contains 2% or less of each of the following: Citric Acid, Ascorbic Acid, Sodium Benzoate and Potassium Sorbate (preservatives).

- No Sugar Added
- No Fat
- Non Carbonated
- Low In Sodium
- No Cholesterol
- Caffeine Free
- Excellent Source Of Vitamin C

SLUSH PUPPIE PLUS

Next best thing to real fruit!



ALL-IN-ONE POPCORN

Made With

Sunflower Oil

Harlan's All-In-One popcorn is made using sunflower oil and contains everything you need to make fresh, delicious, healthier popcorn.

- 80% Less Saturated Fat than Coconut Popping Oil
- Non Hydrogenated
- Sunflower Oil doesn't have any Trans-fat
- Zero Cholesterol
- Peanut Free



Nutrition Facts

Popcorn (Sunflower Oil), 8oz
Serving Size: 1oz [28g]

Amount Per Serving	
Calories	140
Calories from Fat	50
% Daily Value*	
Total Fat - 6g	9%
Saturated Fat - 0.5g	3%
Trans Fats - 0g	0%
Cholesterol - 0mg	0%
Sodium - 280mg	12%
Total Carbohydrates - 18g	6%
Dietary Fiber - 3g	12%
Sugars - 0g	
Protein - 3g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat. Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



Contact your nearest Harlan's branch today for all the details.

www.harlans.ca

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