### Product Name:
CRYSTAL LIGHT On The Go Low Calorie Soft Drink Mix Raspberry Ice - Foodservice

### UPC:
4300000798

### GTIN:

### Serving Size:
0.90g

### Serving Description:
2/5 packet (0.9g) (makes 8 fl oz)

### US Diabetic Exchanges:
ND

### USDA Grain/Bread Equivalent:

#### Nutrient Name and Unit of Measure | Value per serving (Rnd) | % Daily Value ** | Value per 100g
--- | --- | --- | ---
Calories | 5 | | 294.4
Calories from Fat | 0 | | 0.5
Total Fat (g) | 0 | 0% | 0.1
Saturated Fat (g) | 0 | 0% | 0
Trans Fat (g) | 0 | | 0
Cholesterol (mg) | 0 | 0% | 0
Sodium (mg) | 0 | 0% | 333
Potassium (mg) | 0 | 0% | 281.3
Total Carbohydrate (g) | 0 | 0% | 42.9
Dietary Fiber (g) | 0 | 0% | 0.1
Sugars (g) | 0 | | 2.6
Protein (g) | 0 | | 5.2
Moisture (G) | 0 | | 2.6
Vitamin A (IU) | 0% | | 5
Vitamin C (mg) | 0% | | 0.4
Calcium (mg) | 0% | | 641.16
Iron (mg) | 0% | | 0.23
Thiamin (mg) | | | 
Riboflavin (mg) | | | 
Niacin (mg) | | | 
Phosphorus (mg) | 0% | | 291.33
Zinc (mg) | | | 
Sugar Alcohols(g) | | | 
Vitamin D(IU) | | | 
Vitamin E(IU) | | | 
Vitamin B6(mg) | | | 
Folate(mcg) | | | 
Vitamin B12(mcg) | | | 
Biotin(mcg) | | | 
Pantothenic Acid (mg) | | | 
Magnesium (mg) | | | 
Ash (g) | | | 

Data Last Refreshed: 6/5/2012

This information is periodically updated to reflect new products as well as changes in existing product formulations. Therefore, it is advisable to check the "Nutrition Facts" panel and ingredient statement on package labels to monitor changes over time. This information is not intended to be used by professionals or commercial entities without the express written permission of Kraft Foods, Inc. Exchange calculations are based on Exchange Lists for Meal Planning ©1995 by the American Diabetes Association, Inc. and the American Dietetic Association.