



# HEALTH & NUTRITION GUIDE

At Bahia Bowls our Super Fruit Bowls and Smoothies contain no dairy, no added sugar, no artificial preservatives, no trans fats, or any other fillers and everything is made fresh to order. Please refer to the charts below to choose the items that are right for you.



	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates (g)	Dietary Fiber (g)	Sugars (g)	Protein (g)
<b>SUPER FRUIT BOWLS</b>										
Acai Bowl (Bahia Bowl) - Small 8oz	231	7.2	1.3	0	0	25.0	43.1	4.8	25.2	3.8
Acai Bowl (Bahia Bowl) - Medium 16oz	402	10.7	2.1	0	0	46.1	74.9	8.5	42.3	6.9
Acai Bowl (Bahia Bowl) - Large 24oz	547	14.1	2.8	0	0	66.0	100.6	11.9	55.6	9.9
Pitaya Bowl - Small 8oz	250	4.9	0.7	0	0	23.9	51.6	6.6	35.3	3.3
Pitaya Bowl - Medium 16oz	416	6.5	1.1	0	0	43.1	83.7	10.9	55.3	5.9
Pitaya Bowl - Large 24oz	576	8.0	1.3	0	0	61.2	115.8	15.4	74.7	8.5
Green Bowl - Small 8oz	232	5.5	0.7	0	0	54.4	46.6	5.6	30.1	3.7
Green Bowl - Medium 16oz	377	7.4	1.1	0	0	88.2	73.6	8.9	46.0	6.4
Green Bowl - Large 24oz	506	9.2	1.4	0	0	122.1	97.7	12.0	59.0	9.0
<b>SPECIALTY BOWLS</b>										
Oatmeal Bowl - Small 8oz	296	7.3	1.2	0	0	20.5	52.8	7.1	15.0	7.4
Oatmeal Bowl - Medium 16oz	518	10.9	1.9	0	0	38.1	92.1	12.6	24.6	13.4
Oatmeal Bowl - Large 24oz	787	15.8	2.8	0	0	54.6	138.4	19.8	30.6	21.6
Greek Yogurt Bowl - Small 8oz	226	6.5	2.2	0	12.5	58.0	29.3	3.1	17.5	13.9
Greek Yogurt Bowl - Medium 16oz	396	9.6	3.7	0	21.9	103.7	51.0	5.6	28.9	24.7
<b>SMOOTHIES (24oz)</b>										
Acai	318	8.0	1.4	0	0	21.0	64.8	7.5	39.4	5.0
Berry Blast	297	0.6	0.0	0	0	7.0	74.8	9.1	54.2	2.9
Dragon Fruit	263	0.9	0.2	0	0	9.0	65.3	6.0	56.7	2.6
Go Green	233	3.5	0.1	0	0	124.8	53.2	7.2	31.5	5.0
Mocha Madness	519	17.6	16.8	0	0	28.0	64.2	9.2	58.6	5.6
The Nutcase	749	41.8	13.4	0	0	307.8	63.5	12.6	49.3	19.0
Strawberry Bananza	261	0.6	0	0	0	7.0	64.2	5.8	43.3	1.6
Tropical Delight	379	1.4	0	0	0	4.6	95.9	7.7	72.9	4.0
<b>TOPPINGS</b>										
Peanut Butter - Smooth Operator (1.3oz)	180	15.0	2.5	0	0	100.0	8.0	2.0	3.0	7.0
Almond Butter (1.3oz)	146	12.3	0.8	0	0	76.0	4.6	2.3	0.8	5.4
Nutella (1.3oz)	153	8.4	8.4	0	0	11.5	17.6	1.5	15.3	1.5
Speculoos Cookie Butter (1.3oz)	221	14.3	3.9	0	0	0	19.5	0	11.7	0
Homade Granola (1.3oz)	72	3.0	0	0	0	15	8.3	1	2.7	1.8
Goji Berries (1 tbsp)	50	0.0	0	0	0	75	11.0	1	6.5	1.5
Cacao Nibs (1 tbsp)	45	3.5	2.3	0	0	0	2.0	1.5	0.0	1.0
Chia Seeds (1 tbsp)	60	4.0	0	0	0	0	4.0	4.0	0	2.0
Flax Seeds (1 tbsp)	37	3.0	0	0	0	2.0	2.0	2.0	0	1.0
Hemp Seeds (1 tbsp)	58	5.0	0	0	0	0	1.0	0	0	4.0
<b>SUPPLEMENTS</b>										
Whey Protein	55	6.0	2.0	0	10.0	80.0	10.0	0.5	8.0	16.0
Pea Protein	27	0	0	0	0	330.0	1.0	0	0	24.0
Hemp Protein	90	3.0	0	0	0	0	9.0	8.0	1.0	15.0

\* The nutritional data presented are based on representative values from the USDA Nutrient Database for Standard Reference and information from product manufacturers. Variation may occur due to the handcrafted nature of our menu items or due to seasonal influences and/or sources of supply of our ingredients. Additionally, formulations may change on occasion or the substitution of ingredients or suppliers may be necessary which will alter the nutritional values. 2,000 calories a day is used for general nutrition advice, but calorie needs vary.

	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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g