

# Nutrition Information per 2/3 cup serving

	CALORIES	FAT g	SAT FAT g	SODIUM mg	CARBOHYDRATE g	FIBER g	SUGARS g	ADDED SUGARS g	PROTEIN g	CALCIUM mg	IRON mg	POTASSIUM mg	PROTEIN UNROUNDED g
Vanilla Bean	230	16	14	10	23	2	21	20	2	16	1	176	1.52
Chocolate	210	13	11	25	26	4	20	19	2	21	2	236	2.44
Mint Chip	250	17	15	10	25	1	22	19	2	15	1	168	1.85
Coffee Chip	250	17	15	10	26	1	22	19	2	16	1	206	1.98
Orange Cream	200	12	11	10	22	1	20	17	1	16	1	171	1.35
Strawberry	210	14	13	10	22	2	19	17	2	17	1	199	1.55
Cake Batter	200	12	11	10	23	1	21	20	1	13	1	137	1.34

## Keto Friendly

Cake Walk	130	12	10	10	23	1	2	1	1	13	1	134	1.34
I Love Chocolate	130	12	11	40	25	3	2	1	2	20	2	230	2.49

All flavors of O'MY Dairy Free Gelato have 0 g trans fat, 0 mg cholesterol, and 0 mcg vitamin D per serving.

# Ingredients

Vanilla Bean	ORGANIC COCONUT CREAM, WATER, CANE SUGAR, VANILLA EXTRACT, VEGETABLE GUMS (ACACIA, TARA, GUAR), VANILLA BEANS
Chocolate	ORGANIC COCONUT CREAM, WATER, CANE SUGAR, ORGANIC COCOA POWDER, VEGETABLE GUMS (ACACIA, TARA, GUAR), VANILLA EXTRACT, SEA SALT
Mint Chip	ORGANIC COCONUT CREAM, WATER, CANE SUGAR, ORGANIC COCOA BEANS, MINT EXTRACT, VEGETABLE GUMS (ACACIA, TARA, GUAR), ORGANIC COCOA BUTTER, ORGANIC VANILLA BEANS
Coffee Chip	ORGANIC COCONUT CREAM, WATER, CANE SUGAR, ORGANIC COCOA BEANS, ORGANIC COFFEE, VEGETABLE GUMS (ACACIA, TARA, GUAR), ORGANIC COCOA BUTTER, VANILLA EXTRACT, ORGANIC VANILLA BEANS
Orange Cream	ORGANIC COCONUT CREAM, WATER, ORGANIC ORANGE JUICE, CANE SUGAR, VEGETABLE GUMS (ACACIA, TARA, GUAR), ORANGE EXTRACT
Strawberry	ORGANIC COCONUT CREAM, ORGANIC STRAWBERRY PUREE, WATER, CANE SUGAR, VEGETABLE GUMS (ACACIA, TARA, GUAR)
Cake Batter	ORGANIC COCONUT CREAM, WATER, CANE SUGAR, VEGETABLE GUMS (ACACIA, TARA, GUAR), NATURAL FLAVOR

## Keto Friendly

Cake Walk	ORGANIC COCONUT CREAM, WATER, ALLULOSE, VEGETABLE GUMS (ACACIA, TARA, GUAR), NATURAL FLAVOR, PLANT EXTRACTS (STEVIA, MONK FRUIT).
I Love Chocolate	ORGANIC COCONUT CREAM, WATER, ALLULOSE, ORGANIC COCOA POWDER, VEGETABLE GUMS (ACACIA, TARA, GUAR), NATURAL FLAVOR, SEA SALT, PLANT EXTRACTS (STEVIA, MONK FRUIT).

## Low FODMAP Friendly

All ingredients used in our products are considered low FODMAP.

\*See nutrition information for saturated fat content.

For additional information and to find a store near you, visit [omygelato.com](https://omygelato.com).



# Nutrition Guide



At O'MY Dairy Free Gelato we believe everyone deserves a treat! Inside you'll find more information about our products.



[www.omygelato.com](https://www.omygelato.com)

# We're obsessed with really real ingredients!

O'MY Dairy Free Gelato is a women-owned business crafting deliciously creamy, simply made gelato with really real ingredients. All nine flavors are Non-GMO, Certified Plant Based, vegan and allergy-friendly making them a treat more people can enjoy. For those reducing sugar, we just launched two flavors with 2g of sugar per serving, because we believe everyone should be able to grab a spoon and dig in!

## Allergy-Friendly

All O'MY Dairy Free Gelato flavors are free from the 8 major allergens, as well as gluten, sesame, mustard, and pea protein. Our core line, sweetened with cane sugar, is also free from corn/corn derivatives.

Our allergy-friendly promise means we will provide as much transparency about our products as possible so you can make the best decisions for the health and well-being of you and your family. We choose supplier partners who share that same commitment. Because ice cream is produced at the same facility, at the end of every production run, equipment is thoroughly washed, rinsed and sanitized. The rinse water and equipment are tested to detect these proteins: milk, wheat/gluten, eggs, soy, tree nuts, and peanuts. These tests must be negative, and if they are not, equipment is re-cleaned and sanitized until a negative result is achieved. Once all of these steps are complete, we start making our dairy free gelato!

## Organic Ingredients

All flavors of O'MY contain at least 70% organic ingredients which include:

- Coconut cream
- Coffee
- Cocoa powder
- Chocolate pieces
- Orange juice
- Strawberry puree



## Free - From

Artificial colors, flavors and preservatives.

## Caffeine, per 2/3 cup serving

- Coffee Chip - about 40 mg
- Mint Chip - about 5mg

# O'MY fans requested lower sugar options

We set out to craft a deliciously creamy, simply made treat that more people could enjoy. We know that not everyone can or should eat cane sugar which is why we created our newest line so that they could enjoy our gelato too!

## Keto Friendly

Cake Walk and I Love Chocolate have 130 calories, 12 g of fat, 2 g of sugars per serving.\*



## 2-3 g Net Carbohydrates\*

Cake Walk: 23g cho-20g allulose-1g fiber=2g net carbs\*

I Love Chocolate: 25g cho-19g allulose-3g fiber = 3g net carbs\*

## We use allulose along with stevia and monk fruit extracts to sweeten our Keto Friendly line.

A little about allulose - it is a rare sugar found naturally in fruits such as figs and raisins. Like cane sugar, allulose adds sweetness and has a neutral flavor that allows our yummy ingredients to shine. It has no impact on blood glucose and it doesn't interfere with insulin. As a result, allulose is an option for those looking to lose or manage their weight and an ideal sweetener for people with diabetes who want more choices. Visit [allulose.org](http://allulose.org) for more information.

## Look for Sugars Callout

## Diabetes

Cake Walk and I Love Chocolate are sweetened with allulose, and may fit into meal plans for those with diabetes. Each has 2 g sugars and 2-3 g net carbohydrates per serving.\*



## Low Glycemic\*

Both Cake Walk and I Love Chocolate are made with coconut cream and sweetened with allulose. Coconut cream/milk is considered low glycemic.

In conducting studies as part of the GRAS process, researchers found that allulose has no impact on blood glucose and actually suppresses glycemic response of other glycemic carbohydrates when tested with carbohydrates or within a meal.

When tested as a single ingredient, allulose is shown to be non-glycemic.

Keto Friendly