

GET UP AND GROW!

for a happier world



Running Man

Prep: 10 min.

Makes: 2 (8-oz.) servings

- 2 cups diced DOLE® Tropical Gold® Pineapple
- 1 cup DOLE® Broccoli florets, steamed
- 1 medium cucumber with peel
- 1-inch piece fresh ginger or 1/4 teaspoon ground ginger
- 1/4 teaspoon ground turmeric or 1/2-inch piece fresh turmeric

Press pineapple through juicer. Continue adding broccoli, cucumber, ginger and turmeric. Serve.

Note: Can use blender or food processor in place of juicer; add 1 cup water before blending fruit and vegetables.

Nutrition Facts

Serving Size (742g)
Servings Per Container

Amount Per Serving

Calories 250 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 30mg **1%**

Total Carbohydrate 62g **21%**

Dietary Fiber 9g **36%**

Sugars 38g

Protein 6g

Vitamin A 50% • Vitamin C 390%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 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 |
| Saturated 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 |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

