The table provides nutritional information for various beverages and food items. The information includes calories, fat, carbohydrates, protein, fiber, sugars, sodium, and vitamin content. The table is structured with columns for different categories such as Acai Bowls, Smoothies, Fresh Juice, Acai Smoothies, Performance Bowls, Performance Smoothies, Performance Smoothies (Protein), Workout Smoothies, Wellness Smoothies, Yogurt Bowls, Shots, Boosts, and Enrichments. Each row represents a specific item with detailed nutritional data. The information is useful for individuals tracking their daily intake and making informed dietary choices.