



# Ice Cream with Minimal Dietary Damage

Summertime—the season to beat the heat with a refreshing scoop of ice cream or frozen yogurt. And these days, everyone—from weight watchers to people with lactose intolerance—can squeeze a scoop of cool, creamy ice cream into their diets.

“Ice cream and frozen yogurt do not have to be banned from one’s diet. Ice cream is made from milk and cream, but there are many variations: low-fat, nonfat, no added sugar, and lactose-free. Frozen yogurt is lower in fat than a premium ice cream, as yogurt contains less fat from the start than cream or whole milk,” says

## SUPERMARKET SLEUTH

Joanne Haire, RD, a dietitian at Weill Cornell Medical Center.

It used to be that a one-half-cup scoop of vanilla ice cream meant indulging in about 250 calories, 16 grams (g) fat and 11 g saturated fat (more than two-thirds of your saturated fat limit for the entire day). Make that a decadent ice cream like Ben & Jerry’s Chubby Hubby (the name serves as a warning), and you’d pack in 330 calories, 20 g fat and 11 g saturated fat in a half-cup scoop. But ice creams have

lightened up in recent years; today you can find a variety of products that won’t weigh you down with calories and fat.

In fact, in our supermarket survey we found an array of ice creams and frozen yogurts that can fit into anyone’s diet, such as Blue Bunny No Sugar Added Fat Free Ice Cream, with only 80 calories, 0 g fat and 5 g sugar per half-cup serving. And if you’re on the lookout for delicious organic ice creams without the guilt, try Stonyfield Organic Fat Free Frozen Yogurt, which contains 100 calories and 0 g fat per half-cup serving.



SUPERMARKET SLEUTH: TOP 10 ICE CREAMS AND FROZEN YOGURTS	Calories	Protein	Fat/Sat Fat	Carbs	Sugar
1. Breyers No Sugar Added Ice Cream, Vanilla (1/2 cup)	80	2 g	4 g/2.5 g	14 g	4 g
2. Blue Bunny No Sugar Added Fat Free Ice Cream, Vanilla (1/2 cup)	80	4 g	0 g/0 g	20 g	5 g
3. Prairie Farms Fat Free Ice Cream, Vanilla (1/2 cup)	80	3 g	0 g/0 g	17 g	12 g
4. Breyers Fat Free Ice Cream, Creamy Vanilla (1/2 cup)	90	3 g	0 g/0 g	21 g	12 g
5. Dreyer’s Slow Churned Ice Cream, Vanilla (1/2 cup)	90	3 g	3 g/2 g	13 g	4 g
6. Blue Bunny Fat Free Frozen Yogurt, Homemade Vanilla (1/2 cup)	100	4 g	0 g/0 g	19 g	17 g
7. Dreyer’s Slow Churned Yogurt Blends, Vanilla (1/2 cup)	100	2 g	3 g/1.5 g	17 g	13 g
8. Double Rainbow Non Fat Frozen Yogurt, Plain (1/2 cup)	100	3 g	0 g/0 g	20 g	13 g
9. Stonyfield Organic Fat Free Frozen Yogurt, Vanilla (1/2 cup)	100	4 g	0 g/0 g	20 g	19 g
10. Stonyfield Organic Fat Free Frozen Yogurt, Chocolate (1/2 cup)	100	4 g	0 g/0 g	21 g	18 g

Note: Sorted in ascending order of calories; g = grams, mg = milligrams, Sat Fat = saturated fat; Carb = carbohydrates; nutritional information from manufacturer label and website. Top 10 List (based on supermarket survey of popular brands, but may not include all brands available): At or below 100 calories, 4 grams of fat, 2.5 grams of saturated fat, and 19 g sugar.

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**Scoop with caution.** While a variety of ice cream makers create products that you can feel good about enjoying, Haire suggests that you consider a few factors before you dip in.

► **Keep it simple.** Plain ice creams, such as vanilla, are usually the lowest in calories and fat. Watch out for extra additions that boost calories, such as candy pieces, chocolate chunks and cookie bits.

► **Carbs vs. fat.** Many ice cream and frozen yogurt concoctions lower their calories by either reducing carbs (in the form of sugars) or fat. For example, some nonfat ice creams still contain about the same amount of sugar found in regular ice creams. And some “no sugar added” ice creams contain fairly substantial amounts of saturated fat. A few ice cream makers marry fat-free and sugar-free varieties into one creation that is very low in both fat and sugar, such as Blue Bunny No Sugar Added Fat Free Ice Cream.

► **Artificial Ingredients.** In order to make up for the loss of fat and sugar in low-calorie ice creams, manufacturers add artificial ingredients, such as emulsifiers, gums, high-fructose corn syrup, and artificial sweeteners like sorbitol or sucralose.

► **A matter of taste.** You’ll probably notice a difference in the mouth feel and taste of reduced-calorie ice creams and frozen yogurts compared with the regular versions.

► **Size still counts.** Even if it’s a lighter version, those calories add up. A half-cup portion is small, equaling about eight large mouthfuls. If you’re not careful, you can easily scoop three servings into your dish, making your low-calorie treat a 300-calorie indulgence.

If you choose wisely, you can enjoy ice cream without the guilt. Just remember that it’s still a treat, not a “health food” to feast on regularly. 🍦

### WHAT YOU CAN DO

*When choosing ice cream or frozen yogurt:*

- Keep it simple.
- Compare carbs vs. fat.
- Avoid artificial ingredients.
- Size still counts.

