



**Shopper's Guide**

# The Scoop on Dairy-Free Ice Creams

On a hot summer day, a scoop of ice cream can really hit the spot. But, if you avoid dairy—for health, food sensitivities, or personal preference—you don't have to miss out on a scoop of this sweet, cool refreshment. With today's increased interest in allergy-free, vegan foods, an array of non-dairy ice cream alternatives in a wide range of flavors are filling ice cream cases in supermarkets. These frozen desserts are made from a variety of dairy-free ingredients, such as soy, cashew, almond, and coconut milk. And dairy-free fruit sorbets also are a delicious option.

Keep in mind that just because these products are marketed as “ice cream alternatives,” it doesn't mean they are inherently healthier than ice cream. Several of the products we surveyed contain as much (sometimes even more), fat—including artery-clogging saturated fat—than premium ice cream. In addition, some dairy-free ice creams contain more than seven teaspoons of mostly added sugar per one-half cup serving. While it's perfectly fine to enjoy these treats once in a while, try to avoid making them a mainstay in your diet.

**Helpful Hints.** The next time you want a frosty non-dairy treat, keep the following in mind.

- ▶ **Ingredient Check.** A few of these products are made with alternative sweeteners, such as sugar alcohols, which can cause GI distress for some individuals. If this is a concern for you, be sure to check the ingredient list.
- ▶ **Measuring Up.** Similar to ice cream, the serving size for these dairy-free products is one-half cup. Keep your portion in check to match the amount of calories, sugar and fat listed on the label.
- ▶ **Fruit Filled?** Many of these products proclaim they're made with “real fruit” on the front of the package. Don't be deceived; while many may contain fruit, they also typically contain a substantial amount of added sugar. Remember, these frozen desserts are a treat, not a serving of fruit.

—Heidi McIndoo, MS, RD



Many dairy-free ice creams are healthful choices

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## Dairy-Free Ice Creams Nutritional Comparison

✓ = **EN's Picks.** As with all EN comparisons, this is only a sampling of products. Picks contain no more than 210 calories (11% DV), 3.5 g saturated fat (18% DV) and 19 g sugar.

### DAIRY-FREE ICE CREAM (½ CUP)

#### DAIRY-FREE SORBET

	Calories	Total Fat (g)	Sat Fat (g)	Carbs (g)	Sodium (mg)	Fiber (g)	Sugar (g)	Protein (g)
Blue Moon Blackberry Lime Sorbet	100	0	0	24	10	<1	24	0
Blue Moon Red Raspberry Sorbet	90	0	0	24	10	2	22	0
Ciao Bella Dark Cocoa Sorbetto	170	6	4	29	5	2	24	2
✓ Ciao Bella White Peach Sangria Sorbetto	100	0	0	24	0	1	19	1
Cold Fusion Key Lime Sorbet	100	0	0	25	0	0	24	0
Haagen-Dazs Raspberry Sorbet	130	0	0	32	0	2	27	0
Haagen-Dazs Zesty Lemon Sorbet	120	0	0	30	0	<1	27	0
Talenti Peanut Butter Fudge Sorbetto	310	15	3.5	37	160	2	31	6
Talenti Roman Raspberry Sorbetto	110	0	0	28	0	3	24	<1
Trader Joe's Mango Sorbet	110	0	0	26	0	<1	24	0
✓ Whole Fruit Black Cherry Sorbet	100	0	0	25	10	<1	18	0
Whole Fruit Peach Sorbet	100	0	0	26	5	<1	24	0
✓ Whole Fruit Strawberry Sorbet	100	0	0	25	5	<1	19	0

#### DAIRY-FREE ICE CREAMS

Ben & Jerry's Cherry Garcia Non Dairy Frozen Dessert	240	12	8	32	20	1	25	2
Ben & Jerry's Chunky Monkey Non Dairy Frozen Dessert	240	12	8	32	20	1	25	2
Breyer's Oreo Cookies & Cream Frozen Almond Milk Dessert	140	7	4.5	19	45	0	14	1
Breyer's Vanilla Peanut Butter Frozen Almond Milk Dessert	140	8	4.5	16	55	<1	11	2
Fomu Sweet Lavender Premium Alternative Ice Cream	195	16	14	13	64	0	12	1
Fomu Bourbon Maple Walnut Premium Alternative Ice Cream	230	19	13	12	57	1	11	2
Luna & Larry's Organic Coconut Bliss Chocolate Hazelnut Fudge	210	15	11	20	30	3	13	3
Luna & Larry's Organic Coconut Bliss Salted Caramel & Chocolate	230	16	14	21	200	1	18	1
Perfectly Free Fudge Swirl Non Dairy Frozen Dessert	180	8	8	26	25	0	24	1
Perfectly Free Strawberry Sundae Non Dairy Frozen Dessert	200	9	9	31	25	0	30	1
✓ Rice Dream Organic Vanilla	160	6	0.5	26	85	0	14	0
So Delicious Cookie Dough Soy Milk Non Dairy Frozen Dessert	210	9	3.5	34	35	5	22	1
So Delicious Cookies 'n' Cream Coconut Milk Non Dairy Frozen Dessert	190	10	8	25	95	3	18	1
✓ So Delicious Dark Chocolate Truffle Cashew Milk Non Dairy Frozen Dessert	170	9	3	24	125	2	18	3
So Delicious Mint Chip Coconut Milk Non Dairy Frozen Dessert	180	11	10	21	60	3	17	1
✓ So Delicious Mocha Almond Fudge Almond Milk Non Dairy Frozen Dessert	150	8	3.5	17	75	2	15	2
✓ So Delicious Peanut Butter Zig Zag Soy Milk Non Dairy Frozen Dessert	210	11	3	28	40	5	19	3
So Delicious Vanilla Almond Milk Non Dairy Frozen Dessert	120	7	4	14	45	1	12	1
✓ So Delicious Very Vanilla Cashew Milk Non Dairy Frozen Dessert	150	7	1	21	95	<1	18	2
Tofutti Butter Pecan Frozen Dessert	250	15	3	27	200	0	23	2
✓ Tofutti Chocolate Frozen Dessert	210	13	2	20	180	0	14	3
Trader Joe's Chocolate Non Dairy Frozen Dessert	180	9	8	22	15	2	16	2
Trader Joe's Strawberry Non Dairy Frozen Dessert	150	6	6	23	10	<1	18	<1
Trader Joe's Cherry Chocolate Chip Soy Creamy Non Dairy Frozen Dessert	190	8	1.5	31	75	1	23	2
Trader Joe's Frozen Vanilla Soy Creamy Non Dairy Frozen Dessert	180	8	0.5	26	90	<1	21	2
✓ Wink Cake Batter Frozen Dessert	25	0.5	0	5	70	4	0	2
✓ Wink Cocoa Dough Frozen Dessert	25	0	0	4	45	1	0	2

Note: g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: product labels and manufacturer website.