

## Nutrition Comparison

# We Scream for Healthy Ice Cream

During these dog days of summer, there's nothing better than a cool, creamy treat. Ice cream cools you down and brings memories of lazy afternoons in summers past. But, too much of a good thing can have you buying the next size up once the warm weather leaves us. It's certainly easy enough to rack up a day's worth of calories and more than a day's worth of total and saturated fat in a single cone. Fortunately, you can enjoy a frozen treat at an ice cream shop without letting your healthy diet melt away. There are many choices if you're looking for a figure- and heart-healthy indulgence.

**Helpful hints.** Keep the following tips in mind the next time you scoot up to the ice cream counter.

- **Size matters.** The information in our chart covers the smallest size available in the ice cream shop—in most cases about four ounces (or one-half cup) or one scoop. The larger the serving, obviously the higher the fat and calories. You could easily take in more than 1,000 calories from just one serving of ice cream—without toppings or cone—by choosing the largest size.

- **Consider going bottomless and top(ing)-less.** You may not consider the calorie and fat impact that can occur from accessorizing your blank palette of ice cream. But depending on your choice of toppings, you may be adding between 5 to 190 calories and up to 13 grams of fat per topping. So, before you order, think about whether you really need a chopped up candy bar or handful of cookies or M&Ms in addition to your ice cream. And while the ice cream is the star of the show, your cone can really make a difference, too—ranging from roughly 25 calories in a small, plain cone to more than 200 calories in one of those fancy waffle cone jobs.

- **Don't forego fro-yo.** While frozen yogurt at the grocery store isn't that much different, nutritionally, than ice cream, that's not the case when you're at an ice cream shop. Most frozen yogurt shops offer an assortment of fat-free or low-fat creamy, soft-serve options, with a saving of more than 100 calories per small serving. <sup>EN</sup>

—Heidi McIndoo, M.S., R.D.

## Frozen Treats from Ice Cream Shops: A Nutrition Comparison

As with all *EN* comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Ice cream picks contain no more than 220 calories (11% DV), 12 g total fat (18% DV), 7 grams saturated fat (35% DV), and 20 g sugar. Frozen yogurt and other picks contain no more than 150 calories (8% DV), 4.5 g total fat (7% DV), 2.5 g saturated fat (13% DV), and 22 g sugar.

Frozen Treats	Serving Size	Calories (oz)	Fat (g)	Sat Fat (g)	Carb (g)	Sugar (g)	Pro (g)	Sodium (mg)
<b>ICE CREAM</b>								
Baskin Robbins Chocolate Chip Cookie Dough	4	300	15	10	36	30	5	135
Baskin Robbins Gold Medal Ribbon	4	260	13	8	31	27	5	130
Baskin Robbins Made with Snickers	4	290	14	8	36	31	5	160
✓ Baskin Robbins Reduced Fat No Sugar Added Key Lime Pie	4	210	8	4	37	6	5	110
Baskin Robbins Vanilla	4	260	16	10	27	26	4	70
Baskin Robbins Very Berry Strawberry	4	220	11	7	27	27	4	70
Ben & Jerry's Chocolate Therapy	4	220	12	6	27	22	4	55
Ben & Jerry's Coconut Seven Layer Bar	4	270	16	9	28	21	4	75
✓ Ben & Jerry's Strawberry	4	170	9	6	18	16	3	35
✓ Ben & Jerry's Vanilla	4	200	12	7	20	18	4	35
Ben & Jerry's Vanilla Fudge Chip No Added Sugar	4	180	13	10	20	3	3	40
Cold Stone Creamery Fudge Brownie Batter	5	350	19	12	43	37	5	125
Cold Stone Creamery Oreo Crème	5	440	31	14	41	38	4	80
Cold Stone Creamery Pineapple Upside Down Cake	5	310	17	11	37	32	4	150
Cold Stone Creamery Sinless Sans Fat Sweet Cream	5	170	0	0	42	36	0	15
✓ Dairy Queen Chocolate Cone, kids	3.5	180	5	3.5	28	17	5	80
Dairy Queen Chocolate Dipped Cone, small	5.5	330	15	12	42	31	6	105
Dairy Queen Vanilla Cone, small	5	230	7	4.5	36	26	6	100
<b>FROZEN YOGURT</b>								
Baskin Robbins Chocolate Éclair	4	240	8	4.5	40	33	5	105
Ben & Jerry's Banana Peanut Butter Greek	4	210	9	2.5	26	22	8	110
✓ Ben & Jerry's Vanilla Greek	4	150	4	2.5	21	19	7	70
Cold Stone Creamery Amaretto	5	180	0	0	39	31	5	150
Cold Stone Creamery Chocolate Hazelnut	5	250	6	1	46	36	6	140
Cold Stone Creamery Oatmeal Cookie Batter	5	190	0	0	42	32	5	180
Pink Berry Coconut, mini	4	120	0	0	25	25	4	55
✓ Pink Berry Green Tea, mini	4	90	0	0	20	17	4	55
Pink Berry Peanut Butter, mini	4	170	7	1	22	20	6	150
✓ Red Mango Creamy Peanut Butter	4	130	4.5	1	19	18	3	140
Red Mango Dark Chocolate	4	100	0.5	0	24	23	2	110
✓ Red Mango Madagascar Vanilla	4	80	0	0	18	18	2	105
✓ TCBY Hand Scooped Chocolate Chocolate Swirl No Sugar Added	4	80	0	0	20	5	4	65
✓ TCBY Hand Scooped Cookies & Cream	4	130	4	2	21	16	3	50
TCBY Hand Scooped Mint Chocolate Chunk	4	140	5	4	20	17	3	55
✓ TCBY Hand Scooped Vanilla Bean	4	110	3	2	18	15	3	55
✓ TCBY Soft Serve Cake Batter	4	120	2	1	23	17	4	65
✓ TCBY Soft Serve Cheesecake	4	110	2	1	23	17	4	65
✓ TCBY Soft Serve Chocolate No Sugar Added	4	70	0	0	21	6	4	70
<b>OTHER</b>								
Baskin Robbins Lemon Sorbet	4	130	0	0	33	33	0	15
Baskin Robbins Rainbow Sherbet	4	160	2	1.5	33	33	2	35
✓ Ben & Jerry's Lemonade Stand Sorbet	4	100	0	0	26	21	0	5
Cold Stone Creamery Raspberry Sorbet	5	160	0	0	42	36	0	15
✓ TCBY Hand Scooped Psychedelic Sorbet	4	80	0	0	21	15	0	10

Note: oz=ounce, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, daily requirement based on 2,000 calorie/day diet. Source: Restaurant websites. Nutrition information is listed for the smallest serving size available, unless otherwise noted.