

Grocery Store List!

SUMMERTIME TREATS DON'T HAVE TO RUIN YOUR EATING PLAN

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We all scream for ice cream!

Frozen desserts are a delightful treat when the weather is warm, but many people worry that they are a poor nutrition choice. Certainly, eating a dozen sugary popsicles isn't a wise choice, but some ice cream and similar products are not just empty calories. Ice cream can help you meet your daily dairy and calcium requirements, and some treats also help fulfill fruit requirements. You just need to choose the right ones. Here are some things to look for in making wise choices in the ice cream aisle.

Keep It Cool

In most grocery stores, the frozen dessert aisle is arranged by type of product, including sections for premium ice cream, regular ice cream, sherbet and sorbet, novelties and so on. If you are watching calories and fat intake, the sections to steer toward are the following:

1. **Frozen yogurt** averages about 90 to 150 calories per serving (1/2 cup) and is low in fat and sodium. Many major manufacturers of ice cream also make frozen yogurt. So, if you really like Dreyer's or Häagen-Dazs, look for their frozen yogurt products rather than the fat- and sugar-rich ice cream alternatives.
2. **Sorbet and sherbet** are basically iced fruit (puree or juice), with one difference that may be significant for some people: sorbet contains no dairy, but sherbet may. The majority of these treats contain little fat—in the case of sorbet, no fat. Calories come from carbohydrates and any added sweeteners. Sorbet and sherbet

can range from 60 to 150 calories per serving; the lowest of these are from the brand Whole Fruit, although you can find sorbet and sherbet from most of the same brands that make ice cream.

3. When buying frozen novelties (cones, sandwiches, bars), look for low sugar and fat content. Many brands, including Dole, Edy's and Tropicana, make **frozen fruit bars** that average 30 to 110 calories. Those with no sugar added are lowest, of



course. Skinny Cow makes **ice cream novelties** that average 100 to 150 calories with negligible saturated fat.

4. **Non-dairy frozen treats** are a good choice for those who are lactose intolerant or limiting dairy intake. They include brands like Soy Dream and Rice Dream, Tofutti, Turtle Mountain and Celestial Seasonings. Most contain 110

to 190 calories per serving, primarily from carbohydrates. If you have trouble finding these in your local grocery store, check Whole Foods or another health food store. Another advantage of many of these products is their focus on “all natural” ingredients, and many contain no refined sweeteners. Since they are dairy-free, they also have no cholesterol.

5. If it is true **ice cream** that you crave, look for those that range from about 100 to 170 calories per serving, have no more than two to three grams of saturated and trans fat and contain no more than 15 grams of sugar. As you read labels, you will discover that these are not easy to find but that they are out there. Breyers, Dreyer’s, Turkey Hill and Blue Bunny all make ice cream in various flavors that meet these criteria. Home in on the “double churned” and “light” varieties for best bets in finding friendly nutrition labels. You want to avoid many of the “premium” or “designer” ice cream brands like Dove or Ben and Jerry’s. Most of their flavors are high in fat, sugar and calories.

Watch Your Scoop

As I tell all my clients, it’s not a good idea to deny yourself completely when it comes to cravings or having foods that you truly enjoy. When you do that, the desire just builds and can overtake you in a moment of weakness, making you later regret a food choice or overindulgence. What I counsel people to do is to indulge in moderation.

The ice cream portion discussed so far is one half-cup. That’s about two small scoops, which should be enough to satisfy your “scream” for ice cream while

avoiding excess calories or too much sugar or fat from a dessert choice. If you’re having ice cream in a cone, the cone counts! I recommend having your frozen treat in a small bowl instead. If you want toppings, opt for nutritionally sound choices like nuts and raisins over the empty calories in sugary sprinkles or syrups.



Remember your daily recommended food group needs.

You can read more about what your body needs—and what it should not get too much of, unless you are trying to gain weight or have special dietary needs—at MyPyramid.gov.

Read Labels

You don’t have to count grams of fat or sugar when looking at labels. If you are aiming to maintain your weight, you only need to look at the percentage of daily value that a product fulfills (nutrition labels use the recommended 2000 calories per day for an average adult). For example, if the ice cream you are considering fills 60 percent of the daily value for fat (remember, that’s for each 1/2 cup serving), then you have just had more than half of all the fat you should consume that day.

The advice in this article offers guidelines to keep in mind as you head for the grocery store. However, there are exceptions to every rule. The best way to know what you’re getting is to **READ THE LABELS**. This is the best policy for all food that you buy. When it comes to frozen desserts, take a minute to read the label and buy the product that will satisfy your craving without giving your eating plan the “cold shoulder.”

For more information about understanding your individual nutrition needs, consider seeing a registered dietitian. I offer individual counseling and personal grocery shopping tours to help clients with these very needs.

Feel free to visit my website at nutrifitga.com
Here’s to healthy shopping!
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