

# We All Scream for Ice Cream...

## BUT WHICH ONE?

With summer here, ice cream is likely on your shopping list as a treat for warm days. There is certainly no lack of options in this department at the grocery store, but which is really the best treat?

### Frozen Yogurt

Frozen yogurt is usually made from non-fat milk as well as a sweetener (sugar or corn syrup), flavoring and active cultures (like all yogurt contains). There is also a thickening agent but often times it's a natural one like egg yolk. Because there are no specific standards for frozen yogurt, its ingredients and characteristics can vary. Overall most of the brands try to keep frozen yogurt as a healthy, natural product that might not quite compare in texture to ice cream but has good taste and isn't overly processed.

### Ice Cream

Ice Cream is made by stirring, while freezing, a pasteurized mix of one or more dairy ingredients – milk, concentrated fat-free milk, cream, condensed milk – sweetening agents, flavorings, stabilizers, emulsifiers and optional egg or egg yolk solids or other ingredients. Federal standards require ice cream to contain a minimum of 10% milk fat (about 7 grams g of fat per 1/2 cup serving) and 20% total milk solids by weight.

**Fat-free or Sugar-free?** Both frozen yogurt and ice cream provide calcium, protein and other essential minerals. A variety of frozen yogurts and ice creams, with different calorie and fat contents, are available. But be wary of fat-free or sugar-free options and check portion sizes. If they eliminate fat, they often add less natural additions like more sugar which is slightly lower in calories but not necessarily better for you. If they cut sugar, they use alternative sweeteners, which are usually less satisfying and also require the addition of other less natural additions to allow for proper thickening and freezing. The calorie and fat contents of these dairy foods vary depending on the type of milk used and the addition of cream, egg yolk solids or sweetening agents. Depending on the brand, you might not actually save many calories with frozen yogurt, but you will always be taking in less fat and saturated fat.

Frozen Yogurt: Chapman's Dutch Chocolate [1/2 cup]		Ice Cream: Haagen Daas Chocolate [1/2 cup]
<b>Nutritional Facts</b>		
Calories	90 cals	270 cals
Total Fat	2 g	18g
Sat. Fat	1.5 g	11g
Cholesterol	15 mg	115 mg
Sodium	90 mg	60 mg
Carbohydrate	16 g	22 g
Dietary Fibre	0 g	1 g
Sugars	12 g	21 g
Protein	2 g	5 g
Calcium	200 mg	150 mg

#### To burn 90 calories:

- 20 mins of walking
- 9 mins of jogging
- 10 mins of swimming
- 14 mins of cycling

#### To burn 270 calories:

- 65 mins of walking
- 28 mins of jogging
- 30 mins of swimming
- 41 mins of cycling



**Bottom Line:** Be a smart eater and shopper. Take your time to read the nutritional label and ingredients list, which will save you time and calories in the long run!

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To add a kick and some health benefits to a store-bought frozen yogurt or ice cream, try one of these 5 toppings. Your guests will also love this dessert!

Have you ever made a frozen treat from what you likely have in your fridge and/or freezer? Check out the recipe below!



## Possible toppings and added benefits:

1. Nuts – protein and healthy fats
2. Unsweetened coconut – extra fiber
3. Dark chocolate – antioxidants
4. Berries – lots of vitamins and antioxidants
5. Low-fat granola – fiber (watch the sugar content or make your own!)

## Make-Your-Own Strawberry Frozen Yogurt (4 servings)

### Ingredients:

- 4 cups of frozen strawberries
- 3 tablespoons agave nectar or honey
- ½ cup plain yogurt
- 1 tablespoon fresh lemon juice

### Directions:

Add everything to food processor and process until creamy (about 5 minutes). Serve frozen yogurt immediately or transfer to airtight container (can store for up to 1 month).

### Nutritional Information (1 cup)

Calories:	100	Dietary Fiber:	3 g
Total Fat:	0 g	Total Sugars:	20 g



Resources: CalorieKing, [www.livestrong.com](http://www.livestrong.com), [www.heart.org](http://www.heart.org), [www.eatwisconsincheese.com](http://www.eatwisconsincheese.com)