



## "Light" Ice Cream Treats

As the weather gets warmer, there's nothing like a refreshing ice cream treat to cool you down. What to look for when selecting a "light" ice cream treat (per single serving—one-half cup or one bar)...

■ **Keep an eye on calories.** Some of the premium brands of ice cream market light products that contain the same number of calories as regular ice cream. Be sure to check the calories—and don't exceed 120 calories per serving.

■ **Watch the fat content.** A good rule of thumb is no more than 4 g of total fat—and 2 g of saturated fat and trans fat combined.

■ **Go easy on sugar.** Opt for a product with no more than 15 g of sugar. Avoid products that contain sugar alcohols, such as *maltitol* or *sorbitol*, which may cause intestinal distress...or artificial sweeteners, such as aspartame or Splenda, which often have an aftertaste.

My top picks...

### BREYERS

#### Double Churn Light Ice Cream (Vanilla Bean)

Serving size: ½ cup...3 g total fat...  
2 g saturated fat...0 trans fat...13 g  
sugar...100 calories.

### EDY'S

#### Slow Churned Rich & Creamy Light Ice Cream (Vanilla)

Serving size: ½ cup...3.5 g total  
fat...2 g saturated fat...0 trans  
fat...11 g sugar...100 calories.

### SKINNY COW

#### Fudge Bar

Serving size: One bar...1 g total fat  
...0.5 g saturated fat...0 trans fat...  
13 g sugar...100 calories.

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# BottomLine health

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