



# Making Light of Light

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Not all “light” ice creams are low in calories. Excellent choices exist if you take time to investigate. Unfortunately, not every ice-cream store shares their nutrition information. Braums, for instance, boasts about their **94**-percent fat free soft frozen yogurt on TV. **WHOLE** milk is **96**-percent fat free. In fairness, Braums does publish nutrition facts on ice cream cartons sold in the grocery store. Many of the reduced calorie options really are an excellent choice. One common mistake ice cream lovers make is *assuming* that frozen yogurt automatically has few calories than ice cream—not so. Frozen yogurt can be made from whole milk, lowfat milk or nonfat milk. Braums light vanilla ice cream has 130 calories per ½ cup, which is the **SAME** for their (carton) frozen yogurt.



The new Haagen-Dazs Light Ice Cream (S’Mores flavor) has 240 calories per ½ cup. **WOW!** If I use my favorite, 3-cup, “cereal” bowl; then I am consuming 1440 calories. Okay, it may be “calorie worthy” in terms of taste, but it will cost 2 ½ hours in the gym to burn it off.

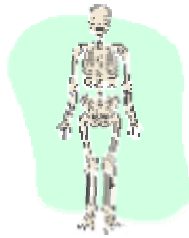


Curious about those new “Dryer’s Dibbs”? Well, ONE (very small) DIBB = 16 calories. The “serving size” listed on the package is 26 of them, which is 420 calories.



GOOD NEWS! The new “*No Pudge*” Eskimo Pie is only 110 calories for one bar. WHEW! Sometimes “packaging” helps. One bar = one serving. Somehow, eating only *one* serving is easier if you don’t have measure it out. *One half cup* isn’t much. It’s too easy to scoop a bit extra—or, maybe “lick” an ounce or two while you’re dipping.

Other *savvy* choices include; [Edy’s Slow Churn Light](#), [Blue Bunny Hi Lite](#), [Healthy Choice](#), [I Can’t Believe It’s Not Yogurt](#), [TCBY](#), and [Baskin & Robbins Light](#). Law requires all brands sold in grocery stores, to have a nutrition facts label. SHOP AND COMPARE! Some “lights” are MUCH LIGHTER than others 😊



CAFETERIA TIP: The frozen yogurt sold in the cafeteria is only 130 calories per ½ cup. Better still, it *is* a dairy-based product, so you also get ~200 mg CALCIUM for your bones and blood pressure.

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