

Healthful Eating

Skip The Fat, Not The Dessert

(NAPSA)—Most ice cream lovers recognize that their favorite frozen delight is an indulgent treat, but by the nutritional numbers, it can be a little hard to swallow.

Consider: Depending on the brand and flavor, ice cream has roughly 190 calories for a half-cup serving (gourmet ice cream may be as high as 250), about 20 grams of carbohydrates and 12 grams of fat. While that may not sound like a lot, it's important to realize that an ice cream parlor scoop is more like two servings. And a sundae consists of two to three scoops.

Fortunately, there are alternatives to ice cream that are just as indulgent in taste and texture, but give consumers the luxury of skipping the fat, not the dessert.

For example, at TCBY—The Country's Best Yogurt, consumers have the option of having a decadent treat of 96% Fat Free, Nonfat or No-Sugar Added varieties of Frozen Yogurt. There are also Non-Dairy flavors of Sorbet or Premium Ice Cream to round out the choices. Each outlet has a variety of flavors to tempt your taste buds, and you have the personal option of adding a candy or syrup to sweeten it up further "if you wish."

A recent study by the Center for Science in the Public Interest, compared the desserts of Ben & Jerry's, Cold Stone Creamery, Haagen-Dazs and TCBY. Many of



Lowfat or sugar-free frozen yogurt can be a healthful alternative to ice cream.

the offerings contained enough calories and saturated fat to be equivalent to eating a T-bone steak, Caesar salad and a baked potato with sour cream. Of course, this may be true with anything when adding hot fudge, brownies, cookies, peanut butter, etc. to your treat, but it should also be noted that a single scoop of premium ice cream typically contains a half-day's worth of saturated fat.

On the other hand, you can treat yourself to 96% Fat Free TCBY Frozen Yogurt, which contains only 140 calories and two grams of saturated fat per serving. When starting with a base that's healthier, you can add the other "stuff" with discretion.

For the location nearest you, check out www.TCBY.com.