



# ICE CREAM

***IS HAPPINESS CONDENSED*** - JESSIE LANE ADAMS

**Nothing beats this refreshing summer treat!**

**Ice cream can be part of a healthy diet when eaten *occasionally* as a treat!**

**Sherbets and sorbets may have less calories and fat than ice cream, but they may also contain more added sugar.**

**Choose the treat your taste buds prefer but follow some basic tips to the right to keep it healthier.**

**Try a *No Sugar Added, Nonfat* treat to decrease overall saturated fat and calorie content.**

**Make your own refreshing ice cream –**

- ❖ **Slice & freeze 2-3 very ripe bananas and 1 cup frozen berries.**
- ❖ **Toss the frozen fruit into a food processor;**
- ❖ **Add ¼ tsp. vanilla & blend until you reach a smooth consistency.**
- ❖ **Add ¼ c. nonfat milk, coconut milk or almond milk if needed to help process.**

**Tips to keep it real -**

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**Stick to a single scoop, ½ cup, or “*kiddie*” size serving when indulging**

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**To save calories, ask for it served up in a cup vs. on a cone**

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**Eat it plain or choose fresh fruit, sprinkles, or fat free fudge as a topping**

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**Take a walk before or after your treat (or ride your bike to & from the ice cream stand)**



**Read your labels & know the serving size of store-bought ice cream and frozen treats!**