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Even if it doesn't feel like it, the calendar does show that summer is coming. Get ready for fresh fruit, grilling, picnics, and a scoop of ice cream on a hot day. At the last count, there were over 1000 different flavors of ice cream. The freezer section for ice cream has grown in recent years not only with all those flavors but also with lower fat, nondairy, lower sugar, fiber added and lactose free options. **So how do you know which one to buy?**

Here is the scoop!



Count your scoops – the official serving size for ice cream on food labels is one half cup – the size of most single serving yogurts or the size of a tennis ball. Notice the ice cream label below has a serving size of 2/3 cup. Not that you can't have more or less, but that is the serving size that all of the nutrition information on the label is based on.

Look for ice creams with no more 2.5 grams saturated fat per serving. Some premium ice creams contain as much as 8-11 grams per half cup serving, which is more than half the daily amount suggested for a heart healthy diet.

Look for varieties with 150 calories or less per half cup serving.

Look at Added Sugars. As the new food label starts rolling out before it is required on January 1, 2020 look for varieties with less than 12 grams added sugar per serving, which is equivalent to three teaspoons per serving. See below for more information.

Acesulfame potassium (Ace-K), a sugar substitute that is about 200 times sweeter than sugar, is often used in lower sugar or lower calorie ice creams. Like other sugar substitutes, its safety is questioned by many, but U.S. and European regulatory agencies have deemed them safe for use in foods. Moderation is the key for now.

Frozen yogurt is going Greek. Same guidelines apply to these varieties, but they will offer 6-9 grams protein per serving as well.

Nutrition Facts				
3 servings per container				
Serving size		2/3 cup (97g)		
	Per serving	Per container		
Calories	110	330		
		% DV*	% DV*	
Total Fat	3g	4%	8g	11%
Saturated Fat	1.5g	8%	5g	25%
Trans Fat	0g		0g	
Cholesterol	15mg	5%	50mg	17%
Sodium	65mg	3%	200mg	9%
Total Carb.	26g	10%	79g	29%
Dietary Fiber	<1g	2%	2g	7%
Total Sugars	11g		33g	
Incl. Added Sugars	4g	7%	11g	22%
Sugar Alcohol	6g		18g	
Protein	7g	13%	20g	39%

The new food label includes the "Added Sugar" so consumers know how much sugar the food manufacturer stirred in. Added sugars includes sugars that are either added during the processing of foods, or are packaged as such (e.g., a bag of table sugar), and also includes sugars from syrups and honey. Each 4 grams is equal to a teaspoon of sugar. Current daily average recommendations are:

Women and children - no more than 6 teaspoons (24 grams)

Men - no more than 9 teaspoons (36 grams).

The %DV on the label is based on a 2000 calorie diet. So for added sugars, the %DV is 10% of the calories or 12 teaspoons a day (50 grams) currently.

FYI...the **sugar alcohol** added provides sweet flavor with fewer carbs usually. Look for ingredients that end in "ol" like sorbitol or maltitol. But sugar alcohols can cause bloating, gas and loose stools if you eat too much of them.