



JULY 2018

FROZEN TREATS



KEEP IT LIGHT AND REFRESHING

Enjoying frozen treats in the summer can be satisfying, but ice cream everyday will dramatically increase calories. So how can you cool down with light and delicious alternatives?

Make It At Home

Have fun with **frozen fruit** popsicles and make eating a daily fruit a treat.^{1,2} Puree fresh fruit, add 100% fruit juice and pop into a popsicle mould. Add a little squeeze of lemon or lime to reduce the overly icy texture.

Try freezing strawberries, bananas or any fruit that is in season and add crushed nuts and dark chocolate drizzle for a creative touch.^{1,2}

Make a creamy popsicle using pureed bananas, coconut milk, milk, **plain or vanilla low fat yogurt** for added protein and calcium.^{3,4}

Comparisons of Store Bought Treats^{1,4}

Gelato vs. Ice Cream: Gelato usually has less fat than regular ice cream because it is made with less cream and eggs. Gelato, like ice cream is still a high calorie treat so stick to a small portion.

Sorbet vs. Sherbert: Sorbet is made with fruit juice and water, whereas sherbert includes some sugar and low-fat milk. Overall, both have less fat than ice cream and gelato.

Non-dairy Options: Coconut milk, cashew milk, and other plant-based beverages create a creamy experience without using cow's milk, which is suitable for vegans and lactose-intolerant individuals. Though it may be advertised as healthier, it is still a high calorie dessert due to the additional sugar and fat added.

Summer would not be the same without ice cream, so enjoy it in small portions once in a while. Stick to fresh fruits, frozen juices and low-fat yogurts to beat the heat. And as always, water is the best quencher.

Still have questions?

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1) Schaeffer, J. (2017). Frozen Dessert Innovations. *Today's Dietitian*. Retrieved from <http://www.todaysdietitian.com/newarchives/1117p42.shtml>.

2) Carleton University. (2018). Healthy Summer Eating. Retrieved from <https://dining.carleton.ca/2018/healthy-summer-eating/>.

3) Dietitians of Canada. (nd). More Than Just Ice Cream: The Frozen Treats of Summer. Retrieved from <http://www.unlockfood.ca/en/Articles/Holidays-Celebrations/More-than-just-ice-cream--The-frozen-treats-of-summer.aspx>.

4) Diabetes Canada. (2014). Cool Treats. Retrieved from <https://www.diabetes.ca/publications-newsletters/diabetes-dialogue/summer-2014/on-the-shelf/cool-treats>.