



## Cool Summer Treats

Amy Kulwicki RD, CD  
Froedtert Outpatient Dietitian



Summer is here and it is HOT. As the temperatures rise, many of us cool down with a frozen summer treat. Enjoy your summertime favorite without the guilt.

To keep calories down, enjoy frozen treats in small portions such as a small cone or a single scoop dish of your frozen favorite. If you choose a higher fat favorite, remember to balance it with low fat food choices during the rest of the day. To burn off extra calories, take a walk or go for a bike ride.

Many summertime treats are good sources of calcium. For an additional vitamin punch, add fresh fruit to your favorite dessert.

Here is the nutritional information for a few summertime favorites.

Food	Serving Size	Calories	Fat	Calcium
Frozen Custard Cone	1 cone	342 calories	19 grams	100 milligrams
Wendy's Frosty Dessert	small	330 calories	8 grams	310 milligrams
Premium Ice Cream (such as Ben and Jerry's)	½ cup	250 calories	16 grams	150 milligrams
Dairy Queen Soft Serve Cone	1 cone	230 calories	7 grams	200 milligrams
Dippin' Dots	1 packet	190 calories	9 grams	100 milligrams
McDonald's Frozen Yogurt Cone	1 cone	150 calories	4.5 grams	100 milligrams
Regular Ice Cream (such as Breyer's)	½ cup	150 calories	9 grams	80 milligrams
Low Fat or Light Ice Cream (such as Edy's Grand Light)	½ cup	140 calories	4.5 grams	100 milligrams
Frozen Yogurt	½ cup	140 calories	4.5 grams	100 milligrams
Skinny Cow Ice Cream Sandwich	1 sandwich	130 calories	2 grams	80 milligrams
Sherbet	½ cup	120 calories	1.5 grams	40 milligrams
Blue Bunny Carb Freedom Vanilla	½ cup	100 calories	6 grams	40 milligrams
Fat Free Frozen Yogurt	½ cup	90 calories	0 grams	300 milligrams

Adapted from The American Dietetics Association