



The  
**PTI BUZZ**  
Carol Kur, MSRD

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### Cool off this Summer with these Tasty Frozen Treats

What can be more fun than ice-cream on a hot day. Here are some varieties that won't break your calorie budget.

**All portions are based on 1/2 cup serving**

Breyers Light Double Chumed -120 to 130 cal

Breyers Light No Sugar Added- 80 to 120 cal

Edy's/Dryer's Slow Chumed Ice Cream -100 to 130 cal

Edy's/Dryer's Fat-Free Frozen Yogurt -90 to 100 cal

Stonyfield Farm Low Fat and Nonfat Frozen Yogurt -130 cal

Healthy Choice ice cream bars and sandwiches- 80 to 140 cal

Klondike Slim-a-Bar Fudge Bar No Sugar Added- 110 cal

Klondike Slim-a-Bar Ice Cream Sandwiches- 120 cal

Skinny Cow Ice Cream Sandwich -140 cal, all flavors

Starbucks Frappuccino Bars Nonfat Frozen Yogurt -120 cal

Weight Watchers: bars, cones, sandwiches 60 to 140 cal

**Tread water for 14 minutes and burn 100 calories!!!**



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