



## Nutrition tips from Christine Herkommer, RD

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## Keep cool in the summer with healthy frozen treats

**NO need to sacrifice your love for ice-cream with these cool and creamy calorie smart substitutes.**

1. Carvel No Fat chocolate or vanilla ice cream -small cup (160 cal)
2. Baskin Robbins Nonfat Frozen Yogurt-small scoop ( 150 cal)
3. Cold Stone Sinless Sans Fat Sweet Cream-small size( 140 cal)
4. TCBY- any of their soft serve frozen yogurt- small size(120 cal)

**When its time to bring home something cool and creamy here is what we recommend:**

1. Ben and Jerry's Sorbet, almost all flavors -half cup have (110 cal)
2. Breyers Doubled Churned Fat Free ice cream- half cup (90-110 cal)
3. Blue Bunny Fat Free Yogurt in assorted flavors or their Health Smart ice cream bars ( 90-120 cal )

Would you like to own your own PTI franchise?  
Call Cliff Nonnenmacher, VP of Franchise Development

516.342.9064 ext 17

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