



**Useful nutrition tips from
Natalie Greene, RD**

**I love suggestions, so
if you would like to
submit a topic for a
future tip, please
email it to me.**

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Which Ice Cream Do I Choose?

Best Choices:

Edy's Slow Churned Light Ice Cream
(Caramel Delight) = 105 calories & 3.5 grams fat per 1/2 cup
serving

Breyer's Light Ice Cream (Vanilla, Chocolate, Strawberry) =
100 calories & 3.5 grams fat per 1/2 cup serving

Skinny Cow Lowfat Fudge Bar = 100 calories & 1 gram fat

Starbucks Frappuccino Mocha Bar = 120 calories & 1.5 grams
of fat

**P.S. To learn more about our franchising opportunities and area
developments, call Carol Kur, MSRD at 516.342.9064 ext 16
www.ptifranchise.com**

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