## WE ALL SCREAM FOR ICE CREAM!

Did you know that while consuming ice cream to cool off this summer, you are also helping keep your kids bones, teeth and muscles strong? Packed in a sweet treat that melts in your mouth, ice cream provides calcium, Vitamin D, phosphorus and protein among other vitamins and minerals. This is why ice cream is a great dessert option that both dentists and dietitians agree on! With so many types of ice cream lining the ice cream aisle, it may be hard to know which type best suits your child's needs. This week's handout helps you understand the difference.



% of fat (milk to cream ratio)

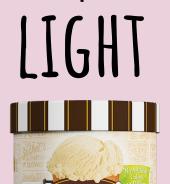
## REGÜLAR



Light and Fluffy ~10% milk fat 90-100% overrun



25% less total fat



50% less total fat





½ cup serving





≦3 grams fat per ≦0.5 grams fat per ½ cup serving

bubbles)

Ver

%



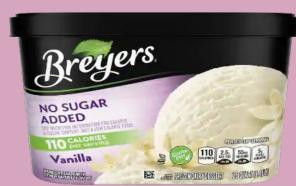
**Dense and Creamier** Higher Quality Ingredients ~15% milk fat 60-90% overrun

## SUPER-PREMIUM



Very dense, rich and silky Highest quality ingredients ~18% milk fat <50% overrun

# NO SUGAR ADDED



<u>Does not mean no sugar</u> Still contains lactose Sweetened with sugar substitutes May lead to some GI upset



Coconut, almond, cashew, soy, oat or hemp milk Nutrition panel depends on type Great for dairy allergy or lactose intolerance Does not mean it is a healthier option

## OTHER ALTERNATIVES HIGH PROTEIN



~20 grams of protein per pint Contains added fiber and sugar substitutes May lead ot GI upset Low calorie - but still not a healthy habit to eat the whole pint in 1 sitting

### FROZEN YOGURT



Light and airy like ice cream, but tart like yogurt Full of active cultures

Nonfat yogurt - lower in fat and calories Be careful with toppings and added sugars

Dental Note: Be cautious of cones and toppings! Ice cream cones and toppings like sprinkles or gummy bears can get caught in the grooves of your child's teeth. Sugar that lingers in the mouth causes the mouth to stay acidic longer, weakening the teeth. Over time that weakening can lead to cavities. If a cone or toppings are rinse well with water after!