

## Ice Cream: How to Order Wisely

We all scream for ice cream, and sometimes nothing else will do. This information can help you make smart choices when visiting one of these popular ice cream shops.

### Dairy Queen®

#### Worst choices:

- Large Georgia Mud Fudge Blizzard®: 1460 calories, 83 grams (g) total fat, 28 g saturated fat
- Large Cappuccino Heath® Blizzard®: 1210 calories, 52 g total fat, 31 g saturated fat
- Large Cookie Dough Blizzard®: 1300 calories, 52 g total fat, 31 g saturated fat
- Large Caramel Shake: 1210 calories, 34 g total fat, 23 g saturated fat
- Large Hot Fudge Malt: 1390 calories, 45 g total fat, 32 g saturated fat
- Fudge Brownie Temptation Waffle Bowl Sundae: 960 calories, 49 g total fat, 22 g saturated fat
- Large Arctic Rush® Freeze (all flavors): 870 calories, 23 g total fat, 15 g saturated fat

#### Best choices:

- Small Chocolate Sundae: 280 calories, 7 g total fat, 4.5 g saturated fat
- Small Cherry Sundae: 250 calories, 7 g total fat, 4.5 g saturated fat
- Small Vanilla Cone: 230 calories, 7 g total fat, 4.5 g saturated fat
- Small Chocolate Cone: 240 calories, 7 g total fat, 5 g saturated fat
- Chocolate Mint Dilly® Bar: 240 calories, 15 g total fat, 9 g saturated fat
- Cherry StarKiss® Bar: 80 calories, 0 g total fat, 0 g saturated fat
- Small Frozen Lemonade or Limeade: 200 calories, 0 g total fat, 0 g saturated fat

### TCBY®

#### Worst choices:

- Large Cookie-Dough Monster: Vanilla Bean Shiver®: 1390 calories, 44 g total fat, 22 g saturated fat
- Large Candy Shoppe Reese's®: Vanilla Bean Shiver®: 1510 calories, 57 g total fat, 29 g saturated fat
- Large Mocha Chiller® Cappuccino (made with hand-scooped Vanilla Bean): 1410 calories, 50 g total fat, 26 g saturated fat
- Large All Mousse'd Up Milk Shake (made with hand-scooped Vanilla Bean): 1200 calories, 50 g total fat, 30 g saturated fat
- Large Peanut Butter HP Milk Shake (made with hand-scooped Vanilla Bean): 1260 calories, 69 g total fat, 22 g saturated fat
- Mississippi Mud Banana Split (made with hand-scooped Vanilla Bean): 880 calories, 35 g total fat, 13 g saturated fat

#### Best choices:

- Small Fat Free Dutch Chocolate Frozen Yogurt: 215 calories, 0 g total fat, 0 g saturated fat
- Small No Sugar Added White Chocolate Macadamia Nut Frozen Yogurt: 172 calories, 0 g total fat, 0 g saturated fat
- Small Watermelon Sorbet: 215 calories, 0 g total fat, 0 g saturated fat

- 16-ounce (oz) Pom Berry Red or Blue Beriyo™ (made with Classic Tart Soft Serve): 210 calories, 1 g total fat, 0 g saturated fat
- Triple Berry Parfait (made with Golden Vanilla Soft Serve): 360 calories, 11 g total fat, 9 g saturated fat
- Small Absolutely Fruit Peach Small Milk Shake (made with Golden Vanilla Frozen Yogurt): 360 calories, 7 g total fat, 4.5 g saturated fat
- Small Sorbet Fizz Soft Serve: 340 calories, 0 g total fat, 0 g saturated fat

## **Baskin-Robbins®**

### **Worst choices:**

- Brownie Sundae: 920 calories, 47 g total fat, 22 g saturated fat
- Snickers® Sundae: 1000 calories, 46 g total fat, 25 g sat fat
- Large Chocolate Chip Cookie Dough Shake: 1690 calories, 72 g total fat, 46 g saturated fat
- Large Mocha Cappuccino Blast (with whipped cream): 790 calories, 25 g total fat, 16 g saturated fat
- Large Chocolate Shake (made with Premium Churned Milk Chocolate): 1080 calories, 32 g total fat, 20 g saturated fat

### **Best choices:**

- Small Strawberry Citrus Fruit Blast: 240 calories, 0 g total fat, 0 g saturated fat
- Small Nonfat Cappuccino Blast®: 220 calories, 0 g total fat, 0 g saturated fat
- 4-oz scoop Lemon Blueberry Frozen Yogurt: 200 calories, 6 g total fat, 3.5 g saturated fat
- 4-oz scoop Premium Churned, Reduced-Fat, No Sugar Added Mocha Blackberry Chip: 190 calories, 9 g total fat, 6 g saturated fat
- One slice Strawberry 'n Cream Ice Cream Cake: 220 calories, 13 g total fat, 9 g saturated fat