

frztrts

Frozen Treats to Beat the Heat

Ice cream and frozen yogurt are some of the traditional treats that help us beat the heat during summer months. Use them to contribute to your daily nutritional intake, too.

Ice cream and frozen yogurt are filled with protein, calcium and phosphorous. Remember that ice cream contains more fat than most types of frozen yogurt, so be sure to check the Nutrition Facts panel on the package.

While juice bars and other icy treats may provide some vitamins and minerals, they tend to contain more sugar than nutritional benefits. However, these frozen treats often have fewer calories than ice cream.

If you're looking for a cool chocolate fix without the calories and fat of ice cream, try frozen chocolate pops, which often are low-fat or fat-free.