



TREAT YOUR TASTE BUDS FROZEN YOGURT

Yogurt shop frozen fat-free yogurt can be a star compared to its high-fat, high-calorie cousin, ice cream! A ½ cup (4 oz.) serving of ice cream can be 300 calories or more with 15 grams of fat including 10 grams of saturated fat. When looking for frozen yogurt, choose one with less than 150 calories, 4.5 grams of fat and 2.5 grams of saturated fat.

GOOD

Pinkberry® Frozen Yogurt

It has the same amount of calories per 4 oz. serving (100) but has 21 g of sugar.

BETTER

Yumilicious™ Frozen Yogurt

I Heart Yogurt™ Frozen Yogurt

These both have the same amount of calories per 4 oz. serving (100) and the same amount of sugar (20 g).

BEST

Yogurtville Frozen Yogurt

It has the same amount of calories per 4 oz. serving (100) but has the least amount of sugar (14 g).

TOPPINGS

SERVING SIZE (TBSP)

CALORIES

Strawberries	1	3
Pineapple	1	5
Mango	1	6
Low-Fat Granola	1	25
Walnuts	1	45
Chocolate Chips	1	50
Rainbow Sprinkles	1	60
Oreos®	1	70
Heath® Bar (pieces)	1	75

Your low-calorie treat can quickly become a high calorie splurge by adding the extra frills through the toppings you choose.

Your best choice is fresh fruit. It is low in calories, provides fiber and antioxidants and makes your cup seem fuller! Nuts are heart healthy but calorically dense, so sprinkle sparingly. When it comes to the chocolate and sugary candy, ask yourself if you need both candy and a frozen treat.



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