

Sweet Freezes

By Jayne Hurley & Bonnie Liebman

Big Bad Bars

Good Humor Bars and their cousins have been around for years. But not long ago, some upper-class relatives moved into the frozen-novelty aisle. There went the neighborhood.

Some sell elegance (Häagen-Dazs), others indulgence (DoveBars), sometimes with a touch of all-natural, save-the-world-with-ice-cream thrown in (Ben & Jerry's).

And there's the everything-but-the-kitchen-sink trend. Ice-cream-makers now team up with candy companies, allowing Nestlé, Milky Way, and Snickers to worm their way into the ice cream business. So now they can snare people who have a weakness for *either* ice cream or candy.

They're selling excess—excess ice cream, candy, chocolate, cookies, nuts, and (ultimately) excess you.

It starts with the high-fat ice cream in bars like DoveBars, Häagen-Dazs, and Ben & Jerry's Peace Pops (Rest-in-Peace Pops would be more like it). Then the chocolate coating goes in for the kill.

Without a highly saturated fat like coconut oil, the coating wouldn't stay solid (nor would the plaque in your arteries). The tab: roughly 300 calories and nine to 13 grams of saturated fat per bar. At 10 grams, your bar turns into a nine-ounce filet mignon.

And that's if you shop at the supermarket, where most bars come three or more to a box. (For the most part, those are the ones we've listed in our chart.) Some convenience stores and other locations sell single bars, which are about 20 percent larger. Now we're talking 12 to 15 grams of sat fat.

Yet chocolate-lovers have so much to choose from. They can avoid nearly all the saturated fat with fudge bars, chocolate sorbet bars, or (lower-fat) ice cream sandwiches. Bottom line: Chocolate coating is far worse for you than chocolate chips, chocolate fudge, chocolate syrup, chocolate just about *anything*.

If you absolutely, positively must have

Stopping at a Ben & Jerry's, Häagen-Dazs, or Cold Stone Creamery can be an event. But if you just want something sweet, frozen, and portable, you can save time and money if you stop by your freezer instead.

Odds are, you'll also save on saturated fat and calories, but only if you're careful. Some companies squeeze on as much as a stick can hold. Others wave the "fat-free" or "made with real fruit juice" banner to entice you to buy a glorified Popsicle.

Here's the scoop on what to skip and what to grab.

chocolate coating, try a Tropicana Chocolate Dipped Bar. The coating covers only about half of each fruit-and-cream bar, so you get just three grams of sat fat.

Better Bars

Some of the best alternatives to fatty ice cream bars are 50-year-old classics. Remember Fudgsicles? You can still find them, alongside updated fudge and chocolate sorbet bars from Healthy Choice, Silhouette, Slim-Fast, Smart Ones (made by Weight Watchers), and other companies that cater to adult tastes. Our favorites: Healthy Choice Low Fat Fudge Bars and Häagen-Dazs Chocolate Sorbet Bars.

You can even get some coffee with your chocolate if you go for a Starbucks

Mocha or Java Fudge Frappuccino Bar. Just remember that each bar has around 30 milligrams of caffeine (about a fifth of a cup of coffee's worth).

Fudge bars rarely have more than 100 calories and one gram of sat fat. That's because they're largely made of non-fat milk, sugar, and cocoa.

And don't forget Creamsicles, which are nearly-fat-free sherbet surrounding a small ice cream core. (It's so small that even the classic Creamsicle, which has regular ice cream at its center, makes a Best Bite.) Like fudge bars, the Creamsicle category has gotten more sophisticated in recent years.

Häagen-Dazs offers a fabulous, fat-free Sorbet & Yogurt Bar. Tropicana's Strawberry'n Cream and Orange Cream Bars are a close second (if you like the tartness of fresh orange juice in your sorbet). And if you prefer creaminess with little or no sorbet, try Healthy Choice's Strawberry & Cream Bars, Yoplait's Strawberry, Cherry, or Peach Double Fruit Smoothies, or Silhouette's The Skinny Cow Bars.

All met our Best Bite criteria: no more than two grams of saturated fat and 150 calories.

Sandwiches Up, Cup Sizes Down

Like many Americans, the ice cream sandwich has grown (and we don't mean taller).

Good Humor still sells a normal-sized Ice Cream Sandwich. It's got a

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Go coatless. Maybe you can handle the calories (250 to 300), but who needs the sat fat (at least half a day's worth) in a chocolate-coated premium ice cream bar? If you love chocolate, you can get it without the heavily saturated coconut oil in the coating.

respectable 150 calories and three grams of saturated fat. To stay current, the company also offers a Giant Sandwich (250 calories and five grams of sat fat). Then there's a Klondike Giant Cookie Sandwich (470 calories and nine grams of sat fat)...or the big gun: a Nestlé Toll House Cookie Sandwich (540 calories and 11 grams of sat fat).

The good news is that some sandwiches have kept their figures. Klondike Slim-a-Bear and Healthy Choice Ice Cream Sandwiches are among the best-tasting.

Ice cream cups have mostly been targeted to kids. New on the block are Ben & Jerry's and Häagen-Dazs. They look like cute miniature pints, but each holds a half-cup of ice cream that packs a wallop: about half a day's sat fat and 200 to 290 calories.

Fruit Bars

Fruit bars can cool and refresh you for only 30 to 130 calories and no saturated fat. But there are exceptions: Coconut or cream can bump the sat fat up to three or four grams (or all the way to nine grams in a Frozfruit Coconut or Piña-Colada Cream Bar). And some companies have started to dip their fruit bars in—what else?—chocolate coating. FrozFruit peddles Chocolate Dipped Banana, Coconut, or Strawberry Fruit Bars with at least 200 calories and 10 to 13 grams of sat fat, for example.

For most fruit bars, though, the question isn't sat fat, but sugar. Until labels disclose the amount of added sugars (or fruit), your best bet is to look for bars that have fruit, fruit purée, or fruit juice as the first or second ingredient. (We disqualified apple, grape, and pear juices because they're the least nutritious.) We also gave Best Bites to bars that were a mixture of flavors (like "tropical" or "mango-guava") if fruit or fruit purée was the third *and* fourth ingredients (since fruit would probably move to second place if the mango and guava, for example, were added together).

Most fruit bars deliver the fruit goods. Exceptions: When it comes to lemon or lime, only a few brands (like Chunks O' Fruti and Fruitfull) have fruit or juice as the first or second ingredient. And Dole has only a few flavors (Strawberry and Mango & Guava) that get a Best Bite. Welch's has none. 🍓

The information for this article was compiled by Tamar Genger, with help from Heather Jones and Sarah Wade.

Photo: Nick Waring.



Classy Creamsicle. This upscale version of the Creamsicle offers real fruit and juice wrapped around yogurt, all for 90 fat-free calories.

The Deep Freeze

Best Bites have no more than two grams of saturated fat and 150 calories. Best Bite fruit bars also must have fruit, fruit purée, or fruit juice (other than apple, grape, or pear) as the first or second ingredient (or fruit or fruit purée as both the third *and* fourth ingredients if the bar has a mixture of flavors, like "mango-guava" or "tropical"). Worst Bites have at least seven grams of saturated fat. Within each section, products are ranked from best to worst.

	Calories	Total Fat (grams)	Sat Fat (grams)
✓ Creamsicle, No Sugar Added (2 fl. oz.) ¹	30	0	0
✓ Smart Ones Orange Vanilla Treat (2 fl. oz.)	40	1	0
✓ Yoplait Double Fruit Smoothies (2 fl. oz.)	50	0	0
✓ Häagen-Dazs Sorbet & Yogurt (2.5 fl. oz.)	90	0	0
✓ Chocolate sorbet bars, most brands (2.5 fl. oz.) ¹	90	1	0
✓ Tropicana, Orange Cream or Strawberry'n Cream (2.5 fl. oz.) ²	70	1	1
✓ TCBY Swirl (3 fl. oz.) ¹	80	1	1
✓ Fudgsicles and fudge bars, most brands (2.5 fl. oz.)	90	2	1
✓ Healthy Choice Strawberry & Cream (2.5 fl. oz.)	90	2	1
✓ Silhouette The Skinny Cow (4 fl. oz.)	120	2	1
✓ Starbucks Frappuccino (2.5 fl. oz.) ¹	130	2	1
✓ Creamsicle (2.5 fl. oz.) ¹	100	3	2
✓ Smart Ones Giant Sundae Cone (4 fl. oz.)	130	3	2
Smart Ones English Toffee Crunch (2 fl. oz.)	110	6	3
Tropicana Chocolate Dipped (2.5 fl. oz.) ¹	120	6	3
Good Humor Chocolate Éclair (3 fl. oz.)	160	8	3
Good Humor Strawberry Shortcake (3 fl. oz.)	170	9	3
Good Humor Toasted Almond (3 fl. oz.)	180	10	3
Yoplait Triple Dipped (2 fl. oz.)	110	6	5
Nestlé Crunch, Reduced Fat (2.5 fl. oz.) ³	150	8	6
Snickers (2 fl. oz.)	180	11	6
✗ Klondike, No Sugar Added Reduced Fat (4 fl. oz.)	180	9	7
✗ Nestlé Drumstick, Reduced Fat (4.5 fl. oz.)	280	13	7
✗ Eskimo Pie, Dark or Milk Chocolate (2.5 fl. oz.) ²	160	10	8
✗ Twix (2 fl. oz.)	180	10	8
✗ Rice Dream Bars and Pies (3.5 fl. oz.) ¹	280	17	8
✗ Klondike Choco Taco (4 fl. oz.)	290	16	8
✗ Eskimo Pie, King Size No Sugar Added (4 fl. oz.) ¹	180	12	9
✗ Good Humor, Dark or Milk Chocolate (3 fl. oz.) ²	190	13	9
✗ Klondike Reese's Peanut Butter Cup (3 fl. oz.)	220	15	9
✗ Ben & Jerry's Peace Pops (3 fl. oz.) ¹	260	16	9
✗ Nestlé Butterfinger or Milky Way (3 fl. oz.)	220	14	10
✗ DoveBar (3 fl. oz.) ¹	270	17	10
✗ Eskimo Pie, King Size (4 fl. oz.) ¹	220	15	11

	Calories	Total Fat (grams)	Sat Fat (grams)
✗ Nestlé Crunch, except Reduced Fat (3 fl. oz.) ¹	220	15	11
✗ Nestlé Drumstick, except Reduced Fat (4.5 fl. oz.) ¹	320	18	11
✗ Eskimo Pie Moose Tracks (4 fl. oz.)	260	17	12
✗ Good Humor Premium Vanilla (4 fl. oz.)	260	17	12
✗ Ben & Jerry's Peace Pops, single (3.5 fl. oz.) ¹	310	19	12
✗ Good Humor Reese's Cups (4 fl. oz.)	310	21	13
✗ Häagen-Dazs Ice Cream (3 fl. oz.) ¹	310	22	13
✗ DoveBar, single (3.5 fl. oz.) ¹	330	21	13
✗ Klondike, except No Sugar Added Reduced Fat (5 fl. oz.) ¹	280	19	14
✗ Häagen-Dazs Ice Cream, single (3.5 fl. oz.) ¹	370	26	15
✗ Nestlé BonBons (8 pieces—4 fl. oz.) ¹	330	22	16
✗ Good Humor Candy Center Crunch (4 fl. oz.)	310	23	17
✗ Happy Indulgence Decadent Dips, Mud Pie (4.5 fl. oz.)	380	24	17

Ice Cream Sandwiches

✓ Klondike Slim-a-Bear (4 fl. oz.) ¹	130	2	0
✓ Smart Ones, Low Fat (4 fl. oz.) ¹	130	2	0
✓ Eskimo Pie, Reduced Fat No Sugar Added, Vanilla (4 fl. oz.)	120	2	1
✓ Eskimo Pie Slender Pie, No Sugar Added (4 fl. oz.) ¹	120	2	1
✓ Klondike Slim-a-Bear, No Sugar Added (4 fl. oz.)	120	3	1
✓ Tofutti Cuties, except Peanut Butter (1.5 fl. oz.) ¹	120	5	1
✓ Slim-Fast (3.5 fl. oz.) ¹	130	1	1
✓ Mister Cookie Face, Low-Fat (5 fl. oz.)	130	2	1
✓ Silhouette (4 fl. oz.) ¹	130	2	1
✓ Healthy Choice (4 fl. oz.) ¹	140	3	1
✓ Smart Ones (4 fl. oz.)	150	3	1
Eskimo Pie Chipwich Light (4 fl. oz.) ¹	200	5	2
Good Humor (3 fl. oz.)	150	5	3
Klondike Big Bear, except Cookie (4 fl. oz.) ¹	190	7	4
Klondike Oreo Cookie (4 fl. oz.)	230	9	4
M&M's Cookie (3 fl. oz.)	220	11	5
Good Humor Giant (6 fl. oz.) ¹	250	10	5
Eskimo Pie Chipwich, Vanilla (4 fl. oz.)	250	11	5
Klondike Big Bear Cookie (4 fl. oz.)	270	12	5
Good Humor Premium Cookie (4.5 fl. oz.)	290	13	6
✗ Klondike Double Decker (8 fl. oz.)	370	14	7
✗ Klondike Giant Cookie (8 fl. oz.)	470	20	9
✗ Nestlé Toll House Cookie (7 fl. oz.) ¹	540	26	11
✗ Ben & Jerry's 'wich (4 fl. oz.)	340	17	12

Ice Cream Cups

✓ Silhouette Sundae (4.5 fl. oz.) ¹	120	1	0
✓ Smart Ones Giant Sundae (8 fl. oz.)	150	1	0
Good Humor Sundae Twist (6 fl. oz.)	160	3	2
Breyers Cups, Chocolate or Vanilla (4 fl. oz.) ²	160	9	5
✗ Ben & Jerry's (4 fl. oz.) ¹	220	13	9
✗ Klondike Sundae (6 fl. oz.)	280	17	10
✗ Häagen-Dazs (4 fl. oz.) ¹	280	18	11

Fruit & Juice Bars

	Calories	Total Fat (grams)	Sat Fat (grams)
✓ Breyers Fruit, No Sugar Added (2 fl. oz.) ¹	30	0	0
✓ Dole Fruit Juice, No Sugar Added, Raspberry or Strawberry (2 fl. oz.) ²	30	0	0
✓ Dreyer's or Edy's Whole Fruit, No Sugar Added, Raspberry or Strawberry (2 fl. oz.) ^{2,3}	30	0	0
✓ Tropicana Fruit Juice, No Sugar Added (2 fl. oz.) ¹	30	0	0
✓ Breyers Fruit (2 fl. oz.) ¹	50	0	0
✓ Dole Fruit Juice, Strawberry (2 fl. oz.)	50	0	0
✓ Tropicana Fruit Juice, Strawberry (2 fl. oz.)	50	0	0
✓ Tropicana Premium, Strawberry (2.5 fl. oz.)	50	0	0
Welch's Fruit Juice (2 fl. oz.) ¹	50	0	0
✓ Fruit-a-Freeze, Cantaloupe, Mango Pineapple, Strawberry, or Watermelon (3 fl. oz.) ²	60	0	0
✓ Tropicana Orange Juice (2.5 fl. oz.) ¹	60	0	0
✓ FrütStix, except Creamy Coconut (2.5 fl. oz.) ¹	60	1	0
✓ Dole Fruit 'N Juice, Strawberry (2.5 fl. oz.)	70	0	0
✓ Dreyer's or Edy's Whole Fruit, Cherry, Grape, or Tropical (1.75 fl. oz.) ²	70	0	0
✓ Sharon's Sorbet, Raspberry (2.5 fl. oz.)	70	0	0
Dole Fruit 'N Juice, Lemonade, Pineapple & Orange Twist, or Raspberry (2.5 fl. oz.) ²	80	0	0
✓ Dole Fruit 'N Juice, Mango & Guava Twist (2.5 fl. oz.)	80	0	0
Dreyer's or Edy's Whole Fruit, Lemonade, Lime, Tangerine, or Wild Berry (3 fl. oz.) ²	80	0	0
✓ Frozfruit Fruit, except Lemon or Lime (4 fl. oz.) ¹	80	0	0
✓ Fruitfull Juice (4 fl. oz.) ¹	80	0	0
✓ Chunks O' Fruti, except Coconut, Coconut Dipped in Chocolate, Piña-Colada, or Strawberry Dipped in Chocolate (4 fl. oz.) ¹	90	0	0
✓ Dreyer's or Edy's Whole Fruit, Peach or Strawberry (3 fl. oz.) ²	90	0	0
✓ Frozfruit Smoothie Yum Strawberry Banana Yumtonic (4 fl. oz.)	130	0	0
✓ Fruitfull Cream, Banana, Piña Colada, Raspberry, or Strawberry (4 fl. oz.) ²	110	3	2
Dreyer's or Edy's Whole Fruit, Creamy Coconut (3 fl. oz.)	120	3	3
Fruitfull Cream, Coconut, Mango, or Peaches 'n' Cream (4 fl. oz.) ²	150	6	4
Dole Fruit Dips (2.5 fl. oz.) ¹	190	9	6
✗ FrütStix Chocolate Covered, Creamy Strawberry (3 fl. oz.)	160	9	7
✗ Frozfruit Cream, Coconut or Piña-Colada (4 fl. oz.) ²	190	12	9
✗ Fruit-a-Freeze Chocolate Dipped, Coconut (3 fl. oz.)	210	13	9
✗ Frozfruit Chocolate Dipped (4 fl. oz.) ¹	220	16	12

✓ Best Bite. ✗ Worst Bite. ¹ Average of all flavors. ² Average of the flavors listed. ³ Contains the artificial sweetener acesulfame-potassium, which hasn't been shown to be safe.

Daily Values (daily limits for a 2,000-calorie diet): **Total Fat:** 65 grams. **Saturated Fat:** 20 grams.

Source: Manufacturers.

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