

# Cream of the Crop

**Better Bites** (✓) have no more than 150 calories and 2.5 grams of saturated fat per half cup, and are free of aspartame, acesulfame potassium, and sucralose. They can contain added sugar (the calorie limit effectively caps the amount). We disqualified sorbets and sherbets if sugar came before fruit or fruit juice in their ingredients list. Products are ranked from least to most saturated fat, then calories, then total sugars, then most to least protein.

<b>Ice Cream &amp; Frozen Desserts</b> (½ cup)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ Arctic Zero Fit Frozen Desserts—Creamy <sup>1</sup>	35	0	1	3
✓ Arctic Zero Fit Frozen Desserts—Chunky <sup>1</sup>	80	0.5	2	3
✓ Halo Top <sup>1</sup>	70	1	1.5	5
✓ Breyers Delights <sup>1</sup>	80	1	1.5	5
✓ Arctic Zero Light <sup>1</sup>	80	1	2.5	2
✓ Enlightened <sup>1</sup>	80	1.5	1	7
✓ Skinny Cow <sup>1</sup>	100	1.5	2.5	6
✓ Breyers Peach	100	1.5	4	1
Breyers No Sugar Added <sup>1,5</sup>	90	2	1	2
Dreyer's or Edy's Slow Churned No Sugar Added <sup>1,5</sup>	110	2	0.5	3
✓ Dreyer's or Edy's Slow Churned <sup>1</sup>	110	2	3	3
✓ Breyers Extra Creamy Vanilla	110	2	3	1
✓ Breyers Lactose Free <sup>1</sup>	110	2	3.5	3
✓ Turkey Hill Light Recipe <sup>1</sup>	120	2	3.5	3
✓ Breyers—Butterscotch Blondie, Cherry Vanilla, or Vanilla Fudge Twirl <sup>1</sup>	120	2	3.5	1
✓ Dreyer's or Edy's Slow Churned Triple-Filled—except Rich Caramel Cores <sup>1</sup>	120	2	4	2
✓ Breyers—Butter Almond or Salted Caramel <sup>1</sup>	130	2	3	2
✓ Breyers Extra Creamy Chocolate	110	2.5	3	2
✓ Ben & Jerry's Moo-phoria Chocolate Milk & Cookies	140	2.5	3.5	3
✓ Breyers—Butter Pecan, Cinnamon Swirl, or Cookies & Cream <sup>1</sup>	140	2.5	3.5	2
✓ Ben & Jerry's Moo-phoria Caramel Cookie Fix	150	2.5	3.5	3
Ben & Jerry's Moo-phoria P.B. Dough	160	2.5	4	4
Breyers Natural Strawberry	110	3	3.5	2
Dreyer's or Edy's Slow Churned Triple-Filled Rich Caramel Cores	160	3.5	4.5	3
Breyers Natural Vanilla	130	4	3.5	2
Breyers Chocolate	140	4.5	4	2
Dreyer's or Edy's <sup>1</sup>	150	4.5	3.5	2
Breyers Chocolate Peanut Butter	180	4.5	3.5	4
Breyers Mint Chocolate Chip	150	6	4	2
Breyers Chocolate Truffle	170	6	4	3
Ben & Jerry's <sup>1</sup>	290	10	6	5
Häagen-Dazs Decadent Collection <sup>1</sup>	300	10	5.5	6
Häagen-Dazs <sup>1</sup>	280	11	5.5	4

<b>Gelato</b> (½ cup)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ Talenti Less Sugar Vanilla Cinnamon	120	2.5	2.5	3
Talenti Less Sugar Chocolate Fudge Swirl	120	3.5	2	4
Talenti Less Sugar Mint Cookie Crunch	120	3.5	2.5	3
Talenti <sup>1</sup>	220	6	6	4
Ciao Bella <sup>1</sup>	190	7	4	3

<b>Frozen Yogurt</b> (½ cup)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ Turkey Hill <sup>1</sup>	100	0	3.5	3
✓ Lifeway Frozen Kefir <sup>1</sup>	90	0.5	4	4
✓ Stonyfield Organic <sup>1</sup>	120	0.5	5	5
✓ Yasso <sup>1</sup>	130	2	4	6
✓ Dreyer's or Edy's Caramel Praline Perfection	130	2	4.5	3
✓ Dreyer's or Edy's Cake & Cookie Fantasy	150	2.5	4.5	3
Ben & Jerry's FroYo <sup>1</sup>	200	2.5	6.5	5
Outshine Yogurt & Granola <sup>1</sup>	140	3	4	6
Dreyer's or Edy's Salted Caramel Pretzel	150	3	4.5	3
Dreyer's or Edy's Peanut Butter Overload	160	3.5	4.5	4

<b>Sorbet &amp; Sherbet</b> (½ cup)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ Outshine Non-Dairy—Berry Blend, Strawberry Banana, or Sunrise Blend	80	0	4.5	0
✓ Ciao Bella Raspberry	100	0	4	1
✓ Ciao Bella Blackberry Cabernet	100	0	5	1
✓ Ciao Bella Peach Sangria	110	0	5	0
✓ Ciao Bella Blood Orange	110	0	5.5	1
✓ Talenti Roman Raspberry	110	0	5.5	1
✓ Ciao Bella Mango	110	0	5.5	0
✓ Talenti Alphonso Mango	140	0	8	1
Dreyer's or Edy's Sherbet <sup>1</sup>	130	0.5	5	1
Talenti Chocolate	160	1	7	2
Ciao Bella Chocolate	150	3	4	1
Talenti Peanut Butter Fudge	310	3.5	7.5	6
Outshine Non-Dairy Tropical Blend	120	4	4.5	1
Ciao Bella Coconut	160	5	4	3
Talenti Cold Brew Coffee	210	7	5.5	3

<b>Non-Dairy</b> (½ cup)	Calories	Sat Fat (g)	Total Sugars (tsp.)	Protein (g)
✓ So Delicious Soymilk Creamy Vanilla	120	0	3.5	2
✓ So Delicious Soymilk Chocolate Velvet	130	0.5	3.5	2
✓ So Delicious Cashewmilk—Cappuccino, Creamy Cashew, Creamy Chocolate, or Very Vanilla <sup>1</sup>	150	1	4	3
✓ Halo Top—except Candy Bar, Chocolate Chip Cookie Dough, or Toasted Coconut <sup>1</sup>	80	2	1	3
So Delicious Cashewmilk Snickerdoodle	190	2	5	2
Halo Top Candy Bar	90	3	1.5	3
Halo Top Chocolate Chip Cookie Dough	90	3	1.5	3
Halo Top Toasted Coconut	80	3.5	1	3
So Delicious Almondmilk <sup>1</sup>	140	4	3.5	1
Breyers Vanilla Peanut Butter	140	4.5	2.5	2
Breyers Oreo Cookies & Cream	140	4.5	3.5	1
NadaMoo! <sup>1</sup>	140	6	2	1
Häagen-Dazs <sup>1</sup>	260	6	5.5	2
So Delicious Coconutmilk No Sugar Added <sup>1</sup>	120	7	0	1
So Delicious Coconutmilk <sup>1</sup>	160	7	4	1
Ben & Jerry's <sup>1</sup>	260	8	6	2
Luna & Larry's Organic <sup>1</sup>	230	14	3.5	2

✓ Better Bite. <sup>1</sup> Average of the entire line or of the varieties listed. <sup>5</sup> Contains aspartame, acesulfame potassium, or sucralose.

**Daily Limits** (for a 2,000-calorie diet): **Saturated Fat:** 20 grams.

**Added Sugars:** 50 grams. **Daily Protein Target:** 75 grams.

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