

# Cream of the Crop

**Better Bites** (✓) have no more than 200 calories, 4 grams of saturated fat, and 4 teaspoons of added sugar in a 2/3-cup serving, and are free of acesulfame potassium and sucralose. Products are ranked from least to most saturated fat, then added sugar, then calories. (We listed protein to show how brands vary, but you don't need to shoot for more in frozen desserts. Most people get plenty from other foods.)

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Dairy Ice Cream &amp; Gelato</b> (2/3 cup)				
✓ Halo Top <sup>1</sup>	110	1.5	1	6
✓ Breyers Peach	140	2	4	2
✓ Enlightened Light <sup>1</sup>	120	2.5	1	7
✓ Breyers Coffee	140	2.5	3	2
✓ Breyers Cherry Vanilla	160	2.5	3.5	2
Dreyer's or Edy's Slow Churned No Sugar Added <sup>1,5</sup>	140	3	0	4
✓ Breyers Extra Creamy <sup>1</sup>	140	3	3	2
✓ Breyers Lactose Free <sup>1</sup>	150	3	3	3
✓ Dreyer's or Edy's Slow Churned—except Caramel Delight <sup>1</sup>	150	3	3	4
✓ Breyers Butter Pecan	180	3	3	2
✓ Breyers Vanilla Fudge Twirl	160	3	3.5	2
✓ Breyers Salted Caramel	170	3	3.5	2
Dreyer's or Edy's Slow Churned Caramel Delight	160	3	4.5	4
✓ Fairlife Light Vanilla	150	3.5	2.5	9
Fairlife Light Butter Pecan	220	3.5	3	10
✓ Breyers Taste of America <sup>1</sup>	160	3.5	3.5	3
✓ Breyers Rocky Road	190	3.5	3.5	4
✓ Fairlife Light Chocolate	160	4	2.5	10
✓ Fairlife Light Cookies & Cream	180	4	3.5	9
✓ Breyers Cookies & Cream	190	4	4	3
Breyers Black Raspberry Chocolate	190	4	4.5	2
Fairlife Light Double Fudge Brownie	190	4	4.5	9
Breyers CarbSmart <sup>1,5</sup>	120	4.5	0	2
Breyers Natural Strawberry	150	4.5	3.5	2
Fairlife Light Cookie Dough	200	4.5	3.5	9
Fairlife Light Dark Cherry Chunk	180	5	2.5	8
Dreyer's or Edy's <sup>1</sup>	180	6	3	3
Breyers Natural Vanilla	170	6	3.5	3
Breyers Chocolate	180	6	3.5	3
Fairlife Light Mint Chip	190	6	3.5	8
Fairlife Light Caramel Toffee Crunch	210	6	3.5	9
Halo Top Keto Series <sup>1</sup>	170	7	0	6
Lactaid <sup>1</sup>	230	7	3.5	4
Breyers Mint Chocolate Chip	200	8	4	3
Killer Creamery Keto <sup>1</sup>	170	9	0	5
Talenti—Gelato, Layers, or Pairings <sup>1</sup>	300	9	6.5	5
Jeni's Boston Cream Pie	390	10	5.5	6
Beckon <sup>1</sup>	300	11	4	5
Jeni's Goopy Butter Cake	330	11	6.5	5
Ben & Jerry's Core <sup>1</sup>	370	12	6.5	6
Ben & Jerry's <sup>1</sup>	380	12	6.5	6
Ben & Jerry's Topped <sup>1</sup>	390	12	7.5	5
Häagen-Dazs <sup>1</sup>	360	13	5.5	6
Häagen-Dazs Crispy Trio Layers <sup>1</sup>	370	17	5.5	5
Mammoth Keto Vanilla Bean	340	21	0	3

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Frozen Yogurt</b> (2/3 cup)				
Ben & Jerry's FroYo Half Baked	230	2	5.5	6
Stonyfield Organic Whole Milk <sup>1</sup>	190	3	5	6
Ben & Jerry's FroYo Cherry Garcia	230	3	5	6
Noosa Frozen Yoghurt Gelato <sup>1</sup>	250	7	6	4

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Dairy-Free</b> (2/3 cup)				
✓ So Delicious Soymilk Creamy Vanilla	160	0.5	3.5	2
Wildgood <sup>1</sup>	200	1	5.5	2
✓ Halo Top Dairy Free <sup>1</sup>	110	3	1.5	4
Breyers Non Dairy <sup>1</sup>	180	6	4	2
NadaMoo! No Sugar Added <sup>1</sup>	120	8	0	1
Oatly <sup>1</sup>	230	8	5	1
So Delicious Wondermilk <sup>1</sup>	230	8	5	2
So Delicious Coconutmilk No Sugar Added <sup>1</sup>	160	9	0	2
Planet Oat <sup>1</sup>	250	9	4	2
So Delicious Oatmilk <sup>1</sup>	220	9	4.5	2
So Delicious Cashewmilk <sup>1</sup>	250	9	5.5	3
Ben & Jerry's Non-Dairy <sup>1</sup>	350	10	7	3
Ben & Jerry's Non-Dairy Core <sup>1</sup>	340	11	7.5	3
So Delicious Coconutmilk <sup>1</sup>	250	12	5	2

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Animal-Free</b> (2/3 cup)				
Nick's Vegan <sup>1</sup>	90	6	0	2
Brave Robot <sup>1</sup>	330	13	6	4

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Sorbet &amp; Sorbetto</b> (2/3 cup)				
✓ Halo Top <sup>1</sup>	90	0	3	0
Talenti Alphonso Mango	160	0	6	1
Talenti Roman Raspberry	150	0	7	1
Talenti Pairings Strawberry Margarita	140	0	7.5	0
Häagen-Dazs Raspberry	170	0	8	0
Häagen-Dazs Lemon	170	0	8.5	0
Häagen-Dazs Mango	200	0	9.5	0
Talenti Dark Chocolate	240	7	8.5	3
Talenti Cold Brew Coffee	280	9	7.5	5
Talenti Layers Coconut Chocolate Cookie	330	14	8	2

✓ Better Bite. (Better Bites refer to sat fat, sugar, etc., not taste.)

<sup>1</sup> Average of the entire line or the varieties listed.

<sup>5</sup> Contains acesulfame potassium and sucralose.

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

**Added Sugar:** 50 grams (12 teaspoons). **Protein:** 50 grams.

Source: company information. Nutrition facts and ingredients can change; check the label before you buy. The use of information from this article for commercial purposes is strictly prohibited without written permission from CSPI.