

RD KITCHEN

MAY 2018

ONE^{on}**ONE**
NUTRITION

Paige Whitmire, RD, LDN



ON THE MENU: HALO TOP



THE NUTRITION

Low in calories: contains half the calories per serving than most ice cream brands.

Low in sugar: uses a nonnutritive sweetener which helps to avoid excess calories and negative effects on our blood sugar.

Low in fat: does not exceed 3 grams of fat per serving which is less than half the fat content of most ice cream brands.

Tastes great: trust us, this tastes just like your usual bowl of ice cream!

THE USES

Pair with grilled fruit: for a sweet spring and summer dessert.

Swap out your old ice cream: for this healthier version!

FLAVORS AVAILABLE LOCALLY

Wegmans

396 Colonnade Blvd, State College

- Birthday Cake
- Chocolate
- Chocolate Chip Cookie Dough
- Chocolate Mocha Chip
- Cookies & Cream
- Mint Chip
- Peanut Butter Cup
- Pistachio
- Rainbow Swirl
- Red Velvet
- Sea Salt Caramel
- Strawberry
- Vanilla Bean

GIANT

255 Northland Center, State College

- Birthday Cake
- Chocolate
- Chocolate Chip Cookie Dough
- Cookies & Cream
- Mint Chip
- Peanut Butter Cup
- Vanilla Bean