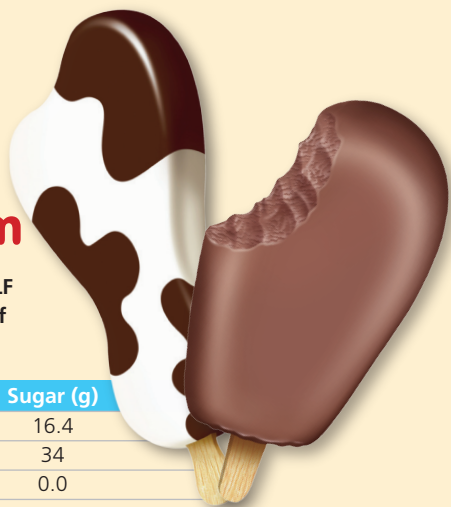


# Facts about Ice Cream

## a source of dairy calcium



Did you know that a Streets Paddle Pop has **LESS THAN HALF** the fat of a couple of slices of cheese, and **HALF** the sugar of a tub of flavoured yoghurt?

	Kilojoules	Fat (g)	Sugar (g)
Streets Paddle Pop (80g) <sup>1</sup>	551	4.1	16.4
1 tub reduced fat fruit yoghurt (200g) <sup>2</sup>	847	2.0	34
2 slices reduced fat cheddar cheese (40g) <sup>2</sup>	547	10	0.0

### How often can I eat ice cream?

Most ice cream can be enjoyed as an occasional treat as part of a balanced diet. Some ice creams can even be enjoyed more frequently because they are more nutritious options. When choosing an ice cream, look for:

✓ Reduced or low fat    ✓ A source of calcium    ✓ Contains between 450-600kJ per serve  
Streets Paddle Pop ice creams meet all of these criteria. They have been specially formulated to meet the School Canteen criteria in Australia and New Zealand<sup>3</sup>.

### Isn't a muesli bar a better kid's snack choice than ice cream?

The healthiest snack choices for kids are foods that contain key nutrients including protein, calcium and iron, which are essential for children's growth and development. Dairy foods contain both protein and calcium while many muesli bars contain few key nutrients. Some ice creams are a rich source of calcium so can be a more nutritious snack choice.

Per Serve	kJ	Carbs (g)	Protein (g)	Fat (g)	Sat Fat (g)	Fibre (g)	Calcium (mg)
Fruit muesli bar <sup>1</sup>	500	20.5	1.0	3.5	1.6	1.9	0
Streets Paddle Pop Moo <sup>2</sup>	365	13.4	1.9	2.8	1.5	N/A	320

### How does ice cream compare with other dairy foods?

Experts recommend three serves of dairy foods (preferably low fat) per day e.g. milk, yoghurt or cheese<sup>4,5</sup>. Ice cream, like other dairy choices, can be a source of important nutrients such as calcium. Many ice creams today are also reduced or low fat and lower in kilojoules than previous formulations, so compare favourably with other dairy foods. Streets Paddle Pop Moo has all the calcium from a glass of milk and is also a source of other essential dairy nutrients – vitamin B12 and phosphorous.

### We're told low GI is good but sugar is bad. Ice cream is high in sugar but is low GI – how can that be?

Not all sugars are the same. Some sugars (carbohydrates) are released more slowly into the body than others and are known as low GI (glycaemic index). Low GI foods are thought to be beneficial for health, and can help maintain a healthy weight, because they may keep you satisfied for longer<sup>6</sup>. Streets Paddle Pop Moo is low GI<sup>7</sup>.

### I heard there were lots of artificial additives in ice cream. Is this true?

Not all ice cream – Streets Paddle Pop ice creams are all free of artificial colours and flavours.

1 Retail Product Nutrition Information

2 Foodworks Professional, version 4. Xyris software (Australia) Pty Ltd, Brisbane, 2005

3 Amber products under the NSW Fresh Tastes, Qld Smart Choices and Vic Go for Your Life Program.

Meets the New Zealand Food and Beverage Classification system criteria for a 'sometimes' food.

4 Australian Guide to Healthy Eating, Commonwealth Dept Health and Aging, 1998.

5 N&MRC. Dietary Guidelines for Australian Adults. Commonwealth Department of Health and Aging 2003; Print no. 1864961414.

6 Thomas DE et al. Low glycaemic index or low glycaemic load diets for overweight and obesity. (Review). Cochrane Database of Systematic Reviews 2007, Issue 3.

7 GI = 48 as tested by Sydney University Glycemic Index Research Service, December 07

