

**Ice Cream:**

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Ice Cream Bar	Yasso Frozen Greek Yogurt Bars - Chocolate Fudge	Frozen	1 Bar (65g)	0.5	80	0	0	0	45	15	1	12	6
Ice Cream Bar	Yasso Frozen Greek Yogurt Bars - Mint Chocolate Chip	Frozen	1 Bar (65g)	0.5	100	2	1.5	5	45	16	0	13	5
Ice Cream Sandwich	Skinny Cow Vanilla Gone Wild Ice Cream Sandwiches	Frozen	1 Sandwich (64g)	1 Dairy + .5 Starch	150	3	2	10	115	28	0	14	3
Light Ice Cream	Dryers Slow Churned - Vanilla Bean	Frozen	2/3 cup (78g)	1	130	4	2.5	15	45	23	3	17	3
Light Ice Cream	Halo Top Mint Chip Light Ice Cream	Frozen	2/3 cup (85g)	1	110	3.5	1.5	40	130	19	3	8	6
No Sugar Added Ice Cream	Blue Bell No Sugar Added Lowfat - Vanilla	Frozen	2/3 cup	2	110	4	2.5	15	115	24	6	8	5
No Sugar Added Ice Cream	Bryers No Sugar Added - Vanilla	Frozen	2/3 cup	1.5	110	4	2.5	10	55	17	0	5	2

Last update: 12/15/21