

Frozen Dessert Bars for 130 Calories or Less

FOOD PRODUCT	CALORIE	FAT GM	CARB GM	SUGAR GM	PROTEIN GM
Frozen Yogurt Bars					
365 Organic (WF) Greek (2.1 oz)	90	1	15	12	4
Nestle Outshine Simply Yogurt (2.2 oz)	90	2	12	11	5
Julie's Organic Strawberry (2.2 oz)	90	1.5	19	13	2
Yasso Greek Strawberry (3.5 fl oz)	80	0.5	15	13	5
Skinny Cow Greek Salt-Kissed Caramel (2.65 oz)	100	2	16	13	5
Ice Cream & Non-Dairy Bars					
2 WW Snack Size Mocha Latte (1.4 oz)	45	0.5	10	7	2
TJ Cold Brew Latte (1.75 oz)	40	1.5	7	7	0
One WW Dark Choc Mint or Rasp (1.1 oz)	60	2.5	9	7	1.5
Enlightened Chocolate Peanut Butter (2.5 oz)	90	2.5	15	4 + 5 SA	7
So Delicious Coconut Milk No Sugar Added Fudge bar (2.3 fl oz)	80	6	14	1 + 2 SA	1
*WW = Wt Watcher's *SA = sugar alcohol					
Fudge Bars					
One WW Snack Size Choc Fudge (1.2 oz)	45	<1	11	7	2
Fudgsicle The Original (1.5 oz)	60	1.5	11	9	1
WW Giant Choc Fudge (2.4 oz)	90	1	21	13	3
Fudgsicle No Added Sugar (2.3 oz)	40	<1	9	2.5	1.5
Skinny Cow Full On Fudge (4 fl. oz)	110	1	22	18	4
Breyers Carb Smart Fudge (1.75 oz)	70	3	11	3 + 5 SA	2
Chloe's Dark Chocolate Fudge (2.7 oz)	60	0	15	13	1
Ice Cream, Yogurt & Non-Dairy Sandwiches					
One TJ Mini Mint Mouthfuls (0.7 oz)	60	3	9	4	1
So Delicious Dairy Free Van Mini Almond (2.3 oz)	90	3.5	13	7	2
So Delicious Dairy Free Van. Mini Coconut (2.3 oz)	90	4	14	7	1
365 Organic (WF) Mini Fudge Mint Swirl (1.6 oz)	120	6	17	7	2
Klondike Snack Size the Original (1.4 oz)	120	7	13	11	0
Julie's Vanilla (1.4 oz)	100	4.5	14	10	2
Almond Dream Lil 'Dreamers Vanilla (1.5 fl oz)	100	4	15	8	1
Ice Cream Cone					
TJ Mini Hold the Cone Chocolate (0.7 oz)	70	3	9	5	<1
One WW Snack Size Caramel Swirl (1.4 oz)	90	2	17	10	2
Nestle Drumstick Lil'Drums (1.6 oz)	120	5	16	10	1



FOOD PRODUCT	CALORIES	FAT GM	CARB GM	SUGAR GM	PROTEIN GM
Fruit or Fruit & Cream Bars					
Outshine Fruit Pomegranate (1.6 oz)	60	0	16	15	0
Outshine Fruit & Tea (1.6 oz)	60	0	16	15	0
Outshine Kids Fruit & Veggie (1.5 oz)	40	0	10	9	0
Outshine Cream Coconut (1.5 oz)	120	3	20	18	4
Chloe's Pops (2.7 oz)	60	0	15	15	0
Paleo Apple Crisp Pop (2.75 fl oz)	70	0	17	15	1
TJ Mango & Cream (1.4 oz)	60	2	10	9	1
Julie's Organic Mango Passion Sorbet (2.5 oz)	70	0	16	13	0
Whole Fruit Organic Frozen Juice Tube (3 fl. oz)	60	0	16	15	0
Whole Fruit Sugar Free Lime Fruit (2.75 oz)	45	0	15	0	0
Goodpop Banana Cinnamon (2.75 oz)	100	5	14	12	1
Goodpop Orange n' Cream (2.75 oz)	80	4.5	10	9	0
Trader Joe's Lime Fruit Floes (4 fl oz)	60	0	16	16	0
Dipped Bites, Fruit & Bars					
Dole Dippers with Banana (1 pouch, 1.4 oz)	100	4.5	13	7	1
Dole Dippers with Strawberry (1 pouch, 1.25oz)	60	4	6	4	<1
Dove Variety Mini's Dark Choc (1 piece, 0.6 oz)	60	4	6	1.5	1
Diana's Banana Babies with Dark Chocolate	130	6	18	14	2
Fruit & Veggie Bars and Other Bars					
Paleo Chocolate Passion Pop	60	0	13	10	1
365 (WH) Tropical Greens Fruit & Veggie (4 fl oz)	100	0	22	17	1
365 (WH) Carrot Tangerine (4 fl oz)	90	0	21	21	<1
Froozer Fruit & Veggie (2 oz tube)	35	0	9	7	0
Eatpops Green Detox (3 fl oz)	60	0	13	12	0
Eatpops Glow (carrot, mango, pineapple – 3 oz)	45	0	11	9	0
Artic Zero Salted Caramel Bar (2.1 oz)	80	5	7	5	3
Other					
Edy's Slow Churned, Fudge Track, No Sugar Added (1/2 cup)	120	4	17	3 + 6 SA	3
Halo Top Choc Mocha Chip (1/2 c)	80	3	14	6 + 6 SA	6
Breyers, No Sugar Added, Caramel Swirl, (1/2 c)	90	4	16	4 + 8 SA	2
Artic Zero Snickerdoodle Dandy (1/2 cup)	75	1.5	11	8	3
Breyers, Light Ice Cream, Lactose Free, Vanilla (1/2 cup)	110	3.5	18	15	2
Breyer's Snack Cups (3 oz)	100	5	11	10	2
SA = sugar alcohol					
COMPARE TO:					
Haagen-Daz Vanilla Milk Choc. Almond (1 bar)	290	21	21	19	5
So Delicious Cashew Milk Ice Cream (1/2 cup)	150	7	21	17	3
Ben & Jerry's Vanilla (1/2 cup)	250	16	21	20	4
Hagen Daz Vanilla (1/2 cup)	250	17	21	20	4
Mr. Softee (small cone + small serving size!) as per myfitnesspal - not 100% this is accurate	170	8	23	18	3
Luna & Larry's Naked Coconut Bliss (1/2 cup)	280	17	16	12	1



Check out Martha's 2 Blogs: *Citygirlbites* and *PCOS Nutrition & Lifestyle Solutions* for more nutrition info and **FREE** downloads!

Contact Martha at martha@marthamckittricknutrition to learn about her nutrition coaching sessions or call 212.879.5167