

## NUTRI-SERVE TIP OF THE WEEK

**By Kristen Mueller, RD (Nutri-Serve Corporate Dietitian)**

### **I scream, you scream, we all scream ICE CREAM!**

Ice cream tends to be one of the most popular desserts with our customers. As a source of protein and calcium (mostly provided by the milk content) ice cream can be one of the more healthy treats available to our customers on a daily basis. Ice creams served in schools are required to meet certain standards including reduced sugar and reduced fat requirements. If your child is purchasing an ice cream in school and you are looking for a substitute for at home a great trick is to actually freeze a yogurt. Greek yogurt works great because it has a thicker texture (plus it is higher in satiating protein) and it takes longer to eat which allows the body time to register fullness. With fun flavors like orange cream, vanilla coconut, lemon meringue and key lime pie you can have a different flavor for each family member! Make it truly authentic and top it with some sprinkles or fresh fruit!

*Kristen Mueller, RD*

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