

Freeze Frame

Better Bites (✓) have no more than 200 calories, 4 grams of saturated fat, and 4 teaspoons of added sugars in a 2/3-cup serving, and are free of aspartame, acesulfame potassium, and sucralose. Products are ranked from least to most saturated fat, then added sugars, then calories. *Some numbers may not match the labels in your freezer because we estimated added sugars (*) and adjusted serving sizes for products that still carry the old Nutrition Facts label.*

	Calories	Sat Fat (g)	Added Sugars (tsp.)	Protein (g)
Ice Cream & Frozen Desserts (2/3 cup)				
✓ Halo Top ¹	110	1.5	1	6
✓ Breyers Delights ¹	100	2	0.5	7
✓ Enlightened Light ¹	110	2	0.5*	8
✓ Dreyer's or Edy's Slow Churned Triple-Filled—except Rich Caramel Cores ¹	150	2	3.5	3
✓ Breyers Peach	140	2	4	2
✓ Breyers—Butterscotch Blondie, Cherry Vanilla, or Coffee ¹	150	2.5	3.5	2
Breyers No Sugar Added ¹	120	3	0 ^s	2
Dreyer's or Edy's Slow Churned No Sugar Added ¹	140	3	0 ^s	4
✓ Breyers Extra Creamy ¹	140	3	3	2
✓ Breyers Lactose Free ¹	150	3	3	3
✓ Breyers—Butter Pecan, Creamsicle, Oreo Cookies & Cream, Salted Caramel, or Vanilla Fudge Twirl ¹	160	3	3	2
✓ Dreyer's or Edy's Slow Churned—except Caramel Delight ¹	140	3	3.5	4
Dreyer's or Edy's Slow Churned Caramel Delight	160	3	4.5	4
✓ Ben & Jerry's Moo-phoria Chocolate Milk & Cookies	190	3.5	4	4
✓ Ben & Jerry's Moo-phoria Caramel Cookie Fix	200	3.5	4*	4
Breyers CarbSmart ¹	120	4	0 ^s	2
✓ Fairlife—Chocolate, Cookies & Cream, Double Fudge Brownie, or Vanilla ¹	160	4	2.5	9
✓ Breyers—Cookies & Cream, New York Style Cheesecake, or Oreo Chips Ahoy 2 in 1 ¹	170	4	2.5	2
Dreyer's or Edy's Slow Churned Triple-Filled Rich Caramel Cores	200	4	4.5	3
Breyers Natural Strawberry	150	4.5	3.5	2
Fairlife Chocolate Peanut Butter	190	5	2.5	9
Fairlife Java Chip	170	5	3	9
Häagen-Dazs Heaven ¹	220	5	4	9
Fairlife Mint Chip	170	6	3	9
Dreyer's or Edy's ¹	190	6	3	3
Breyers Natural Vanilla	170	6	3.5	3
Halo Top Keto Series ¹	160	7	0	6
Rebel ¹	200	12	0	3
Ben & Jerry's ¹	380	12	6.5*	6
Enlightened Keto Collection ¹	250	13	0*	4
Häagen-Dazs ¹	350	14	5.5	5

	Calories	Sat Fat (g)	Added Sugars (tsp.)	Protein (g)
Frozen Yogurt (2/3 cup)				
Ben & Jerry's FroYo ¹	230	2.5	5.5	6
Stonyfield Organic Whole Milk ¹	190	3	5	6

	Calories	Sat Fat (g)	Added Sugars (tsp.)	Protein (g)
Gelato (2/3 cup)				
Breyers Gelato Indulgences ¹	210	6	4.5	4
Ciao Bella ¹	240	7	4	5
Talenti ¹	290	8	6.5	5
Talenti Layers ¹	300	9	6.5	5

	Calories	Sat Fat (g)	Added Sugars (tsp.)	Protein (g)
Sorbet & Sherbet (2/3 cup, sorbet, unless noted)				
Talenti Alphonso Mango	160	0	6	1
Talenti Roman Raspberry	150	0	7	1
Talenti Strawberry Hibiscus	150	0	7.5	0
Ciao Bella—except Chocolate Coconut or Coconut ¹	170	0	8	0
Häagen-Dazs ¹	180	0	8.5	0
Dreyer's or Edy's Berry Rainbow Sherbet	180	1	6	2
Talenti Cold Brew Coffee	280	9	7.5	5
Ciao Bella Coconut	300	11	10.5	1
Ciao Bella Chocolate Coconut	300	13	7	2

	Calories	Sat Fat (g)	Added Sugars (tsp.)	Protein (g)
Dairy-Free (2/3 cup)				
✓ Arctic Zero—except Brownie Blast, Cherry Chocolate Chunk, or Cookie Dough Chunk ¹	50	0	1.5*	1
✓ So Delicious Organic Soymilk Creamy Vanilla	160	0.5	3.5	2
✓ Enlightened ¹	120	1	2*	4
✓ Arctic Zero—Brownie Blast, Cherry Chocolate Chunk, or Cookie Dough Chunk ¹	100	1	3*	1
Cado Avocado Frozen Dessert ¹	230	2	4*	1
✓ So Delicious Frozen Mousse ¹	110	3	2	1
✓ Halo Top ¹	110	3.5	1.5	4
Häagen-Dazs—except Coconut Caramel ¹	350	4	7.5	4
Breyers ¹	190	6	4	2
So Delicious Cashewmilk—Salted Caramel Cluster, Snickerdoodle, or Very Vanilla ¹	230	6	5	3
Oatly ¹	230	8	4.5	1
Planet Oat ¹	240	9	4	2
So Delicious Oatmilk ¹	230	9	5	2
So Delicious Cashewmilk—Bananas Foster, Chocolate Cookies 'N' Cream, Creamy Chocolate, or Dark Chocolate Truffle ¹	240	10	5.5	3
Ben & Jerry's ¹	350	10	7*	3
O'My! 2g Sugars Gelato ¹	130	11	0	2
So Delicious Coconutmilk ¹	240	11	5	2
O'My! Gelato ¹	220	13	4.5*	2
Häagen-Dazs Coconut Caramel	330	15	5.5	1

✓ Better Bite. (Better Bites refer to nutrition, not taste.)

¹ Average of the line or of the varieties listed.

* Number is an estimate or the line average includes estimates.

^s Contains acesulfame potassium, aspartame, or sucralose.

Daily Limits (for a 2,000-calorie diet): **Saturated Fat:** 20 grams.

Added Sugars: 50 grams (12 teaspoons). Note: To convert teaspoons of added sugars to grams, multiply by 4.2.

Daily Protein Target: 85 grams.

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