



[ FOOD COURT ]

## The Perfect Pint

Measuring up the land of milk and sugar



If you're looking forward to indulging in ice cream this summer and fitting into your swim suit, we may have churned up two calcium-rich matches made in heaven. With two of our favorite ice cream brands featuring healthier options, there is no excuse for sacrificing taste for calories. Edy's

Slow Churned contains half the calories and fat of regular ice cream. Ben & Jerry's also now features a low-fat frozen yogurt line.

Which do you think we deemed to be more satisfying in terms of creamy summer taste? Do you think one is more heart-healthy than the other?

### Verdict

We were thrilled to find one brand both more satisfying and heart-healthy than its competitor. With 100 calories, 3.5 grams of fat and 45 milligrams of sodium, Edy's Slow Churned vanilla has fewer calories than Ben & Jerry's low-fat vanilla frozen yogurt, which contains 30 more calories and 70 milligrams of sodium per serving. Ben & Jerry's low-fat vanilla frozen yogurt only contains 1.5 grams of fat, but fewer calories are what equates to slimmer waistlines.

The low-fat vanilla frozen yogurt is also less rich than its competition, so imagine our excitement when we discovered Edy's features even more lines of healthy frozen treats. Without sacrificing its smooth texture, Edy's carries a low-sugar line of ice cream which, with 90 calories, 3 grams of fat and 70 milligrams of sodium, proves an even better option for the calorie-conscious, although still second in taste to its churned friend.

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[ BODY BLOG ]

## Reality Checkup

When self-inspection's just not enough

**"So, what are your goals?"** Dr. Martha Calihan asked.

"Well, I'd like to get down to 190," I said.

She didn't blink.

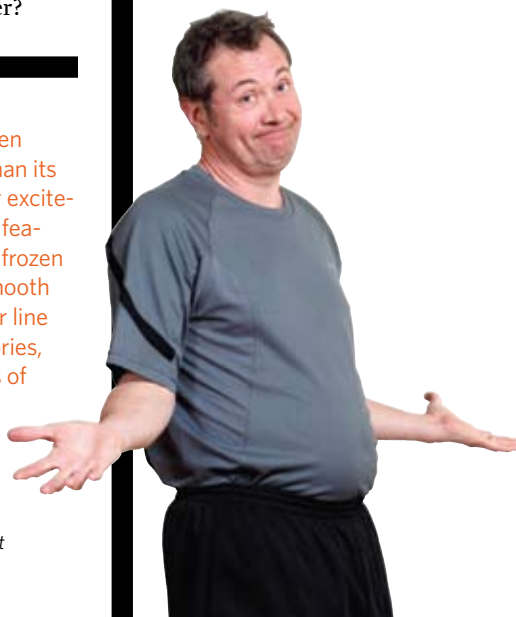
"I was at 207.8 this morning," I said by way of warning. "The last time I saw 190 I was in college in the '70s."

Still no flinch. "What else?"

"I want the constant pain in my right elbow and two fingers of my right hand to stop."

She typed silently, exhibiting no signs of judgment. If she was having second thoughts about signing me on as participant for the "5 Stones" program at the Integrative Family Medicine Center in Leesburg, she wasn't letting on. And if she and her team—who I've since dubbed the Buzz Brigade—are up to the challenge, then who am I to let them down?

See a progress report—and a tip you can use in your own daily regimen—at [www.NorthernVirginiaMagazine.com/bodyblog](http://www.NorthernVirginiaMagazine.com/bodyblog).



COURTESY OF EDY'S (ICE CREAM CARTON); SHUTTERSTOCK (ICE CREAM SCOOP); JONATHAN TIMMES (BUZZ)