



Q: Does low-carb ice cream help people lose weight?

A: Keep in mind that there is no legal definition of low-carb. Ice cream labeled "for use with low carb diets" uses sugar substitutes for sweetness and gums and cellulose gel for thickness. The brand most widely available right now produces an ice cream containing 130 to 140 calories in a half-cup serving, which is the same as regular ice cream. The total and saturated fat content of the products is about equal, too. Since the bottom line for weight control is how many calories you eat compared to how many you burn up, low carb versions of ice cream offer no advantage. You should certainly avoid thinking that this "diet" ice cream allows you to eat larger portions. If you want to lose weight and still include ice cream in your diet, "light" ice cream is a better choice. This ice cream cuts the fat (and cholesterol-raising saturated fat) in half and reduces calories by 10 to 20 percent. Another option, "no sugar added light" ice cream cuts fat about in half and uses sugar substitutes, so calories are reduced 30 percent below regular ice cream. Ice cream that's 98 percent fat-free lowers calories even further, but even this fat reduction only saves 50 calories in a half-cup serving. You're almost sure to cut more calories than that by simply eating only half of your usual portion. Or instead of a nightly necessity make it a weekly treat.

For more information on weight loss contact your local **Health and Wellness Center (HAWC)** or **Dietitian** or visit the **SYFYW community website** at <http://airforcemedicine.afms.mil/shapeyourfuture>.

Shape Your Future... Your Weigh!™