Frozen Desserts

This section includes:

- Frozen Desserts

Can I have dessert?

A diabetes diagnosis doesn't have to mean giving up dessert.

Fruit is a great dessert or snack option, but sometimes you want something more comforting like ice cream. It's OK to crave sweet foods and it's OK to eat them.

How to have dessert with diabetes.

Be aware of the amount of carbs in your dessert. Have dessert after your meal or follow one of our Tips & Tricks for better blood sugar control.

This section offers a few varieties of frozen desserts like popsicles and ice cream for you to enjoy.

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FROZEN SWEETS EXCHANGE

Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Fruit Bars & Popsicles



Goodpop
- Cherry n' Lemonade (30/7) ---------- 1 pop
- Watermelon (20/5) ---------- 1 pop



Halo Top
- Strawbery Fruit Pop (45/16) ---------- 1 pop
- Lime Fruit Pop (40/16) ---------- 1 pop



Outshine Fruit Bars
- All Flavors (60/16) ---------- 1 bar

OutShine Fruit Pops
- Lime, Tangerine, Lemon (35/9) ---------- 1 pop
- Strawberry, Citrus Medley, Grape (40/10) ----- 1 pop



Outshine No Sugar Added
- Strawberry Fruit Bar (60/11) ---------- 1 bar
- Black Cherry, Strawberry Kiwi, Mixed Berry Fruit Pops (30/7) ------- 1 pop
- Strawberry, Tangerine, Raspberry Fruit Pops (25/6) ------- 1 pop



Phillyswirl
- Swirl Stix (45/11) ---------- 1 bar

Fudge Bars

Less than 2 grams saturated fat



Fudgsicle
- Original Fudge Pop, no sugar added (40/9) --- 1 pop



Great Value
- Fudge Bars (90/19) ---------- 1 bar

Halo Top
- Fudge Bar (70/11) ---------- 1 bar

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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Fudge Bars (cont.)
Less than 2 grams saturated fat



Jonny Pops
- Chocolate Fudge & Oatmilk (90/15) ---------- 1 bar



Kroger
- Low Fat Fudge Bar (60/12)---------- 1 bar



Yasso
- Chocolate Fudge Bar (80/15) ---------- 1 bar

Ice Cream Bars
Less than 2 grams saturated fat



Enlightened
- Sea Salt Caramel (80/17) ---------- 1 bar
- Mint Chocolate Peanut Butter (100/16) -------- 1 bar



Good Humor
- Creamsicle (100/20) ---------- 1 bar



Jonny Pops
- Summer Strawberries & Oatmilk (70/13) ------- 1 bar

Ice Cream Sandwiches
No more than 2 grams saturated fat



Goodpops
- Chocolate Vanilla Sandwich* (100/16) ---------- 1 bar



Kroger
- Vanilla Snowboard Sandwich (140/26) ---------- 1 bar



Skinny Cow
- Vanilla Gone Wild (150/27) ---------- 1 bar



So Delicious
- Vanilla Bean Coconut Milk Ice Cream Sandwich* (100/15) ---------- 1 bar

*2.5 grams saturated fat & Dairy Free

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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Yogurt Bars

Less than 2 grams saturated fat



Simple Truth Greek Yogurt

- Raspberry Cheesecake Bar (110/16) ---------- **1 bar**



Yasso Frozen Greek Yogurt

- Chocolate Chipe Cookie Dough (100/17) ------ **1 bar**
- Coffee Chocolate Chip (100/16) ---------- **1 bar**
- Cookies & Cream (90/16) ---------- **1 bar**
- Fudge Brownie (100/19) ---------- **1 bar**
- Mint Chocolate Chip (100/16) ---------- **1 bar**
- Sea Salt Caramel (100/18) ---------- **1 bar**



Frozen Yogurt

No more than 1 gram saturated fat



Kroger

- Deluxe Chocolate Lowfat (90/18) ---------- **1/2 c**
- Deluxe Vanilla Lowfat (90/18) ---------- **1/2 c**



Mixmi Frozen Yogurt

- Mas Mango (90/18) ---------- **1 container**
- Orange Dream (90/14) ---------- **1 container**
- Ultimate Chocolate (90/14) ---------- **1 container**
- Totally Vanilla (90/14) ---------- **1 container**





Sweetkiwi

- Vanilla Whipped (60/16) ---------- **1/2 c**
- Cookies & Cream Whipped (60/16) ---------- **1/2 c**



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Fork Friendly Selections (Cal/g carb)	Serving Size	Product Picture

Ice Cream

No more than 2 grams saturated fat



Blue Bell No Sugar Added
- Reduced Fat Vanilla Ice Milk (83/18) ---------- **1/2 c**



Blue Bunny Sweet Freedom
- No Sugar Added Double Strawberry (91/20) ---- **1/2 c**



Bryer's
- Carb Smart Vanilla* (90/12) ---------- **1/2 c**



Creamy Creations Light
- Coffee Chocolate Chip (114/24) ---------- **1/2 c**
- Cookies and Cream (121/24) ---------- **1/2 c**



Halo Top Light Ice Cream
- Birthday Cake Light Cake Mix (76/17) -------- **1/2 c**
- Chocolate (76/16) ---------- **1/2 c**
- Chocolate Chip Cookie Dough (91/19) -------- **1/2 c**
- Peanut Butter Cup (83/17) ---------- **1/2c**
- Vanilla Bean (83/16) ---------- **1/2 c**



Hill Country Fare
- Neapolitian Ice Cream (91/17) ---------- **1/2 c**



Kroger Deluxe Churned, Lactose Free
- No Sugar Added Chocolate* (106/17) ---------- **1/2 c**
- No Sugar Added Vanilla (98/16) ---------- **1/2 c**



So Delicious
- Soymilk Vanilla (121/23) ---------- **1/2 c**

*3 grams saturated fat

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