

Frozen Desserts

This section includes:

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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.





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 Agave (40/10) ----- 1 pop



Halo Top

- Strawberry Fruit Pop (45/18) ----- 1 pop
- Lime Fruit Pop (35/15) ----- 1 pop



Kroger

- No Sugar Added Strawberry Bar (40/12) ----- 1 bar

Outshine Fruit Bars

- All Flavors (60/15) ----- 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 (45/11) ----- 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 (40/10) --- 1 pop



Great Value

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



Halo Top

- Fudge Bar (80/12) ----- 1 bar



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 (60/9) ----- 1 bar

Yasso

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



Ice Cream Bars

Less than 2 grams saturated fat

Enlightened

- Sea Salt Caramel (80/16) ----- 1 bar

- Mint Chocolate Peanut Butter (100/13) ----- 1 bar

Good Humor

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

Jonny Pops

- Summer Strawberries & Oatmilk (80/15) ----- 1 bar



Ice Cream Sandwiches

No more than 2 grams saturated fat

Goodpops

- Chocolate Vanilla Sandwich* (110/15) ----- 1 bar

Kroger

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

Skinny Cow

- Vanilla Gone Wild (150/28) ----- 1 bar

So Delicious

- Vanilla Bean Coconut Milk Ice Cream Sandwich* (100/20)

*2.5 grams saturated fat & Dairy Free





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 (43/1) ----- 1 bar

Yasso Frozen Greek Yogurt

- Chocolate Chip 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 (90/14) ----- 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





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

- Neapolitan 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

