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SUN RESTAURANT CRITIC ELIZABETH LARGE
BLOGS ABOUT THE REGION'S RESTAURANTS

« Crab cakes then and now | Main | Top 10 Lunch Spots for City Jurors »



Usually I ignore the e-mails telling me that this or that has X number of calories, but one caught my eye today from [HealthCastle.com](#), whatever that is. I can't vouch for the accuracy of the figures, in other words. Anyway, here's what the e-mail said. It was the last one that startled me:

- *Know Your Cone:** A cake cone has 35 calories, a sugar cone has 50 calories, and a waffle cone or bowl has 110-160 calories. Chocolate dip adds at least 120 extra calories plus 8 grams of fat and trans fat.
- *Go Easy on Sauces:** Hot fudge topping adds 150 extra calories plus trans fat. Hershey's chocolate syrup adds 75 calories, and whipped cream adds 45 calories.
- *Nix Bad Mix-ins:** Fruits and nuts can add fiber or beneficial omega 3 fatty acids, but cookie dough and brownies only add calories and trans fat.
- *Make the Light Choice:** Many ice cream parlors now offer light ice cream, frozen yogurt, and sorbet—sweet cold treats with less calories and fat, especially if you skip the cone.
- *Forget About Shakes:** Ice cream parlor milkshakes generally contain 1,100-1,500 calories! Avoid them at all costs. ...

I forwarded the e-mail to Gailor with a new subject line: No more milkshakes for you.
Her e-mail came back:
Lalalala ... I CAN'T HEAR YOU ... lalalalala
Yeah, I sort of have that reaction, too. When you need a milkshake, you need a milkshake.
(Barbara Haddock Taylor/Sun photographer)

Posted by [Elizabeth Large](#) at 4:17 PM | [Permalink](#) | [Comments \(20\)](#)

Comments

Until reading this post, I had conveniently forgotten that the main ingredients of chocolate dip/magic shell are chocolate and coconut oil. So, basically, it's just fat congealed on top of your dessert. Tasty, tasty fat.

Posted by: [Liz Kay](#) | [June 22, 2009 4:25 PM](#)

Everything is bad for you in excess. A good chocolate ice cream soda or a creamy shake is just good for the soul. Everybody needs one once in a while.

Posted by: [Jack Ziegler](#) | [June 22, 2009 5:30 PM](#)

Sometimes the only thing that gets us through the night is the thought of a milkshake after service -- sometimes we make them in house, sometimes we get them from elevation.. honestly this is a good cue to start a top 10 milkshakes in baltimore

Posted by: [local line cook](#) | [June 22, 2009 5:50 PM](#)

I like the idea of a top 10 milkshakes. Unfortunately, I rarely have them anymore, because my first "real" job was as a soda jerk, so I know what a real shake is.

Which milkshake? Was this a McDonald's shake? A real shake made from whole milk, chocolate sauce and ice cream? What is it with the low fat? If you eat low fat "ice cream," it'll be about as satisfying as a snowball fight in July, so you'll keep going back for more.

I don't trust studies like this. I keep going back to St. Julia. Everything in moderation.

Posted by: [Lissa](#) | [June 22, 2009 6:11 PM](#)

I had a milkshake last night. To make matters worse, it accompanied a deep fried double dog with chili and cheese from Ann's Dairy Creme.

Posted by: [Jon Parker](#) | [June 22, 2009 6:12 PM](#)

I had a milk shake from Hoffman's last night. No guilt here.

Posted by: [Elite Elephant Lover](#) | [June 22, 2009 7:09 PM](#)

If I'm going to give into a craving (ie milkshakes) I'm going to have the real deal. Not the low fat low cal version of it because that's just not satisfying.

So, cake cones still suck, I still like chocolate brownie ice cream and real whipped cream. And a REAL milkshake! Yes, Lissa! Not that mess that McDonalds pours out of that machine and calls a shake!

But, unless I purchase a home gym, (assuming I'd use it - HAH) I can't do that every night!

Posted by: [Joyce W.](#) | [June 22, 2009 7:34 PM](#)

Ah yes the anns dairy creme is a great 'fake' milkshake.. its pretty close to where I live.. usually I make a trip of the asian market across the street with some dairy creme to finish it off.

Posted by: [turkeybone](#) | [June 22, 2009 10:14 PM](#)

I would imagine a snowball fight in July would be quite satisfying. It would be incongruous, but satisfying. Now hot soup in July is not satisfying. I wonder why restaurants even bother selling (hot) soup in the summer. Who is buying it?

Posted by: [Robert of Cross Keys](#) | [June 22, 2009 10:25 PM](#)

RoCK, I'm with you. The guy who runs the eatery at work did not understand my response of "no soup after Memorial Day," when he offered crab soup the other day. EEL, Hoffman's is the one thing I really miss about leaving Carroll County to come back to the city.

Posted by: [City Redux](#) | [June 22, 2009 10:44 PM](#)

There is nothing like the pure pleasure of a good ice cream cone (sugar cone) and it doesn't matter whether you are 3, 30 or 83. Its pure magic. But I do miss the milkshakes from the Medical Arts Pharmacy on Park Avenue. Now, Field's in Pikesville has some of the best real milkshakes around.

Posted by: [Susan BK](#) | [June 22, 2009 10:48 PM](#)

RayRay might concur, but the milkshakes at Read's on Harford Road were might tasty too.

Posted by: [PCB Rob](#) | [June 22, 2009 11:04 PM](#)

RoCK, where you gonna find those snowballs in July?

Posted by: [Lissa](#) | [June 23, 2009 6:34 AM](#)

RoCK, where you gonna find those snowballs in July?

At a snowball stand, of course.

Posted by: [Hal Laurent](#) | [June 23, 2009 7:11 AM](#)

Don't you remember the Bill Cosby riff of freezing slush balls in January to get Junior Barnes in July.....and then his Mother had thrown them away.

Posted by: [Susan BK](#) | [June 23, 2009 8:46 AM](#)

Susan BK, I'm more familiar with Bill Cosby's riff on yogurt and health food.

Posted by: [hmpstd](#) | [June 23, 2009 9:34 AM](#)

E-mails like this cautioning about calories in once-in-a-while indulgence items are specifically targeted to the people who do not get the concept of once-in-a-while.

Once in a while, I want the REAL deal. And I'm no worse for it because it isn't my steady diet. And when it crosses the line, I just move my heiny a little more. Problem solved, with no mathematics involved.

Posted by: [Maggi](#) | [June 23, 2009 9:45 AM](#)

I remember that Cosby routine, Susan BK. We loved it as kids. That and the Sister Mary something something Elephant routine.

Posted by: [Lissa](#) | [June 23, 2009 10:06 AM](#)

Somewhere in my parents attic is my old Snoopy Snow Cone Machine. I should dig that out next time I'm up there.

Posted by: [Robert of Cross Keys](#) | [June 23, 2009 4:12 PM](#)

Just a foreshadowing of what life will be like after the Food Police take over. Life is uncertain. Eat dessert first.

Posted by: [Retired in Elkridge](#) | [June 23, 2009 5:19 PM](#)

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