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5 Ice Cream Parlor Calorie Cutting Tips

June 23, 2009 by [Linette Gerlach](#) [Leave a Comment](#)
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My son can't wait to go to our local ice cream parlor when the weather gets warm. He thinks the main purpose of summer is to eat ice cream! Kids love a summer trip to the [ice cream shop](#), but when I go I always worry about the extra calories we're consuming, and wondering how that fits into our day.

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Gloria Tsang, nutrition expert and founder of [Health Castle](#) has five tips to help you keep an eye on how many calories you're consuming when you make a pit stop at the ice cream shop.

1. 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 8g of fat and trans fat.
2. Go Easy on Sauces: Hot fudge topping adds 150 extra calories plus trans fat. Hershey's [chocolate syrup](#) adds 75 calories, and whip cream adds 45 calories.
3. 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.
4. 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.
5. Forget About Shakes: Ice cream parlor milkshakes generally contain 1,100 – 1,500 calories! Avoid them at all costs.

For most kids (and adults too), a trip to the ice cream parlor is a sure sign that summer is here. These simple tips can help you survive a summer full of trips to the ice cream shop without blowing your calorie budget.

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