

# Freeze Frame

**Better Bites** (✓) have no more than 2 grams of saturated fat and 3 teaspoons of added sugar per bar, cone, sandwich, or “bite.”

They’re also free of aspartame, acesulfame potassium, or sucralose.

Products are ranked from least to most saturated fat, then added sugar, then calories.

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Fruit Bars</b> (1)				
✓ GoodPop Cherry n’ Lemonade (1.8 fl. oz.)	30	0	0	0
✓ GoodPop Organic Freezer Pops (1.8 fl. oz.) <sup>1</sup>	35	0	0	0
✓ GoodPop Twin Pops (2.3 fl. oz.) <sup>1</sup>	35	0	0	0
✓ Chloe’s No Sugar Added Strawberry (2.2 fl. oz.)	40	0	0	0
Outshine No Sugar Added Strawberry (2.5 fl. oz.) <sup>5</sup>	45	0	0	0
✓ Halo Top Fruit Pops—except Coconut (2.5 fl. oz.) <sup>1</sup>	40	0	1	0
✓ GoodPop Watermelon Agave (2.5 fl. oz.)	40	0	1.5	0
✓ Outshine, variety packs (1.5 fl. oz.) <sup>1</sup>	40	0	2	0
✓ GoodPop Mango Chile (2.5 fl. oz.)	60	0	2	0
✓ Chloe’s—except Lime (2.5 fl. oz.) <sup>1</sup>	60	0	2.5	0
✓ Outshine—except Creamy Coconut, Lemon, or Lime (2.5 fl. oz.) <sup>1</sup>	60	0	2.5	0
Chloe’s Lime (2.5 fl. oz.)	60	0	3.5	0
Outshine Lime (2.5 fl. oz.)	60	0	3.5	0
Outshine Lemon (2.5 fl. oz.)	70	0	3.5	0
Outshine Creamy Coconut (2.7 fl. oz.)	100	2.5	3	3
Halo Top Fruit Pops Coconut (2.5 fl. oz.)	90	3.5	1.5	1

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Creamy Bars</b> (1)				
Fudgsicle No Sugar Added (1.6 fl. oz.) <sup>5</sup>	40	0	0	1
✓ WW Snack Size Chocolate Fudge (1.8 fl. oz.)	50	0	1	2
✓ WW Giant Chocolate Fudge (3.5 fl. oz.)	90	0.5	2	3
✓ Halo Top Mini Pops (2 fl. oz.) <sup>1</sup>	60	1	0.5	3
✓ Fudgsicle Low Fat Original (1.6 fl. oz.)	60	1	1.5	1
✓ Yasso Greek Yogurt (3.5 fl. oz.) <sup>1</sup>	100	1	2	5
✓ Enlightened Light Ice Cream (3.7 fl. oz.) <sup>1</sup>	90	1.5	0.5*	7
✓ Halo Top Gourmet Fudge Pops (3 fl. oz.)	80	1.5	1	6
✓ Enlightened Dairy-Free (3.7 fl. oz.) <sup>1</sup>	90	1.5	1*	3
✓ Halo Top Light Ice Cream Pops (3.5 fl. oz.) <sup>1</sup>	100	1.5	1	5
✓ Outshine Simply Indulgent (2.5 fl. oz.) <sup>1</sup>	90	1.5	2	5
Skinny Cow Oh La La Chocolate Truffle (2.6 fl. oz.)	120	2.5	2	3
So Delicious Dairy Free No Sugar Added Fudge (2.3 fl. oz.)	60	3.5	0	1
GoodPop Dairy Free Orange n’ Cream (2.5 fl. oz.)	90	3.5	2	0
GoodPop Dairy Free Coldbrew Latte (2.5 fl. oz.)	80	4	1	1
GoodPop Dairy Free Chocolate Fudge (2.5 fl. oz.)	90	4.5	1.5	1
So Delicious Dairy Free Fudge (2.3 fl. oz.)	100	5	2.5	1
Enlightened Keto Collection (3.7 fl. oz.) <sup>1</sup>	190	10	0	3

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Cones</b> (1)				
✓ Skinny Cow Skinny Minis Not Fudging Around Chocolate Fudge (2.2 fl. oz.)	100	2	2	2
Trader Joe’s Mini Hold the Cone! (1 oz.) <sup>1</sup>	90	3	1.5	1
Nestlé Drumstick Lil’ Drums (2.2 fl. oz.) <sup>1</sup>	110	3	2	1
Nestlé Drumstick Mini Drums (0.8 fl. oz.) <sup>1</sup>	70	3.5	1	1
Skinny Cow Not Fudging Around Chocolate Fudge (4 fl. oz.)	170	3.5	3	4
Skinny Cow Next Level Vanilla Caramel (4 fl. oz.)	170	3.5	3.5	3

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Sandwiches</b> (1)				
✓ Yasso Vanilla Bean (2.5 fl. oz.)	100	0.5	2	4
Skinny Cow No Sugar Added Vanilla Gone Wild (4 fl. oz.) <sup>5</sup>	140	1	0	4
✓ Skinny Cow Skinny Minis Viva Vanilla Snackers (2.8 fl. oz.)	100	1	1.5	3
✓ Yasso Peanut Butter (2.5 fl. oz.)	140	1	2	5
✓ Yasso Fudge Swirl (2.5 fl. oz.)	120	1	2.5	4
✓ Yasso Mint Chocolate Chip (2.5 fl. oz.)	120	1.5	2	4
✓ Skinny Cow Completely Crush-worthy Cookies ‘n Cream (4 fl. oz.)	160	2	3	4
✓ Skinny Cow Vanilla Gone Wild (4 fl. oz.)	160	2	3	4
So Delicious Dairy Free Almondmilk Vanilla (2.3 fl. oz.)	100	3	1.5	1
So Delicious Dairy Free Coconutmilk (2.3 fl. oz.) <sup>1</sup>	100	3.5	1.5	1
Trader Joe’s Brownie Crisp Coffee (2.5 fl. oz.)	140	4.5	3	3

	Calories	Sat Fat (g)	Added Sugar (tsp.)	Protein (g)
<b>Dipped Bars &amp; Bites</b> (1)				
✓ WW Dark Chocolate Raspberry (1.6 fl. oz.)	70	1.5	1	1
✓ Sambazon Superfruit Açai Bites Original (0.8 fl. oz.)	50	2	1	0
✓ Sambazon Superfruit Açai Bites Peanut Butter & Chocolate (0.8 fl. oz.)	60	2	1	0
✓ WW Snack Size Cookies & Cream (2.2 fl. oz.)	90	2	2	2
✓ WW Snack Size Divine Triple Chocolate (2.2 fl. oz.)	90	2	2	2
✓ WW Snack Size Salted Caramel (2.2 fl. oz.)	90	2	2	2
Dove Minis with Dark Chocolate (0.8 fl. oz.)	60	2.5	1	1
Yasso Poppables (0.7 fl. oz.) <sup>1</sup>	60	2.5	1	2
WW English Toffee (1.6 fl. oz.)	80	2.5	1.5	1
Outshine ½ Dipped Raspberry (2.4 fl. oz.)	110	2.5	3	1
Dove Minis with Milk Chocolate (0.8 fl. oz.)	70	3	1	1
Dole Dippers Dark Chocolate Covered Banana Slices (1 pack, 1.6 oz.)	100	3	1	1
Outshine Strawberry with Dark Chocolate, Granola & Cacao Nibs (2.7 fl. oz.)	140	4	3.5	1
KIND Frozen Plant Based (1.6 fl. oz.) <sup>1</sup>	180	5	1.5	3
Klondike Minis The Original (2 fl. oz.)	120	5	2	1
Dove Raspberry Sorbet with Dark Chocolate (2.1 fl. oz.)	150	5	3.5	1
Outshine ½ Dipped Creamy Coconut (2.4 fl. oz.)	160	5	3.5	3
Magnum Mini Classic (1.9 fl. oz.)	140	6	2	2
Yasso Dipped Greek Yogurt (2.6 fl. oz.) <sup>1</sup>	160	6	2.5	5
Klondike No Sugar Added Vanilla (4 fl. oz.) <sup>5</sup>	170	8	0	3
Halo Top Keto Pops (2.6 fl. oz.) <sup>1</sup>	150	9	0	3
Häagen-Dazs Soft Dipped Coffee (3 fl. oz.)	260	9	3.5	3
So Delicious Dairy Free Dipped (2.3 fl. oz.) <sup>1</sup>	180	10	3	1
Magnum Non-Dairy Classic (3 fl. oz.)	230	10	5	1
Daiya Dairy-Free (2.6 fl. oz.) <sup>1</sup>	190	11	3.5	1
Klondike The Original (4.5 fl. oz.)	250	11	4.5	3
Magnum Double Chocolate (3 fl. oz.)	260	12	4.5	4
Enlightened Keto Caramel Dark Chocolate Peanut (2.6 fl. oz.)	230	14	0	3

✓ Better Bite. <sup>1</sup> Average of the entire line or the varieties listed.

<sup>5</sup> Contains aspartame, acesulfame potassium, and/or sucralose.

\* Estimate. Note: Better Bite refers to numbers only, not taste.

**Daily Values** (for a 2,000-calorie diet): **Saturated Fat:** 20 grams.

**Protein:** 50 grams. **Added Sugar:** 50 grams (12 teaspoons).

(To convert teaspoons of sugar to grams, multiply by 4.2.)

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