



Delicious Ice Cream Choices



Product Name	Calories	Carbs	Sugar	Fat	Saturated Fat	Sodium	Calcium	Iron
4oz Reeses Peanut Butter Bar	310 kcal	27 g	23 g	21 g	12 g	85 mg	8%	2%
4.5oz Premium Cookie Sand.	260 kcal	29 g	18 g	15 g	9 g	80 mg	6%	2%
1/2 cup Big Dipper Cookies & Cream	150 kcal	20 g	14 g	7 g	4.5 g	85 mg	6%	0%
1 Big Dipper Chocolate Cone	300 kcal	38 g	28 g	15 g	11 g	130 mg	15%	6%
6oz Ronnie's Blue Raspberry	150 kcal	0 g	0 g	0 g	0 g	0 mg	0%	0%
6oz Ronnie's Lemon	150 kcal	0 g	0 g	0 g	0 g	0 mg	0%	0%
6oz Ronnie's Cherry	98 kcal	0 g	0 g	0 g	0 g	0 mg	0%	0%
4oz Klondike Choco Taco	290 kcal	35 g	24 g	16 g	8 g	115 mg	6%	4%
2.6oz Snicker Bar	180 kcal	18 g	17 g	11 g	6 g	60 mg	6%	2%
2.6oz Twix Bar	160 kcal	21 g	17 g	8 g	5 g	60 mg	8%	0%
3.75oz Oreo Bar on a Stick	260 kcal	28 g	15 g	15 g	11 g	150 mg	60 mg	1 mg
4oz Strawberry Shortcake	230 kcal	30 g	18 g	12 g	3.5 g	85 mg	4%	4%
4oz Chocolate Eclair	220 kcal	29 g	16 g	11 g	4.5 g	80 mg	4%	4%
3oz Vanilla Fudge Dream Bar	130 kcal	25 g	20 g	1.5 g	1 g	100 mg	10%	0%
1 Cool Daze Ice Cream Sand.	170 kcal	24 g	12 g	7 g	3.5 g	150 mg	25%	0%

Many of the ice creams listed here are high in calories, fat, sugar, and sodium! Having ice cream as a treat once in a while is okay, but be cautious of what you choose. Enjoy your ice cream selection!

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4oz Strawberry Shortcake	230 kcal	30 g	18 g	12 g	3.5 g	85 mg	4%	4%
4oz Chocolate Eclair	220 kcal	29 g	16 g	11 g	4.5 g	80 mg	4%	4%
1 Cool Daze Ice Cream Sand.	170 kcal	24 g	12 g	7 g	3.5 g	150 mg	25%	0%
4oz Ronnie's Sour Cherry	98 kcal	0 g	0 g	0 g	0 g	0 mg	0%	0%
4oz Ronne's Blue Raspberry	150 kcal	0 g	0 g	0 g	0 g	0 mg	0%	0%
1 Rainbow Sherbet Push Up	90 kcal	19 g	12 g	1 g	0 g	0 mg	0%	0%
1 Orange Sherbet Push Up	80 kcal	18 g	9 g	2 g	0 g	0 mg	0%	0%
3oz Vanilla Fudge Dream Bar	130 kcal	25 g	20 g	1.5 g	1 g	100 mg	10%	0%
3oz Sprinkler Bar	210 kcal	27 g	20 g	11 g	6 g	35 mg	6%	0%
3oz Popsicle Hyper Stripe	80 kcal	19 g	15 g	0 g	0 g	10 mg	0%	0%

Ice cream can be full of calories with just one serving!

Be smart about the choices you make with ice cream.

Ronnie's brand is low in calories and has zero fat, saturated fat and is made with natural sugar. Enjoy your treat!