



**TCBY**

**Food Item**

**Soft-Serve**

	<i>Calories</i>	<i>Carbohydrates(gm)</i>	<i>Protein(gm)</i>	<i>Total Fat(gm)</i>	<i>Sodium(mg)</i>	<i>Exchanges</i>
Nonfat Frozen Yogurt 1/2 cup	110	23	4	0	60	1 1/2 starch
No Sugar Added Nonfat Frozen Yogurt – 1/2 cup	80	20	4	0	35	1 starch
96% Fat-Free Frozen Yogurt 1/2 cup	140	23	4	3	60	1 1/2 starch 1/2 fat
Sorbet 1/2 cup	100	24	0	0	30	1 1/2 carbohydrate

**Hand-Dipped**

Low-Fat Ice Cream 1/2 cup	120	22	3	2.5	75	1 1/2 starch
No Sugar Added Low-Fat Ice Cream 1/2 cup	100	20	3	2.5	55	1 1/2 starch

Nutrient data obtained from TCBY.

Information compiled and exchanges calculated by:

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