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Double Dip Bargain

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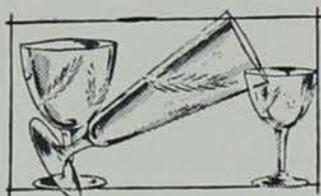
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Double Dip

by Patricia Stiff

Home Economics Freshman

NICKEL ice cream cone, please."
"Make mine a double dipper."

From the Union to Fifth Avenue, ice cream is a favorite. You order the cooling dish at every opportunity. Then what? You begin to worry and to fret about your waist line. So, you slash ice cream from your diet. But why?

From the many flavors thus made available, there must be one that you will like. Don't be afraid to eat it. A half pint of ice cream, an average serving, contains 250 calories. Comparing it with other desserts, this is quite moderate. Cakes, pies and similar concoctions generally have more calories and are less nutritious than ice cream.

It isn't as fattening as you may think. The American Dairy Association and The National Dairy Council have put nutritionists to work to show weight-conscious individuals such as college women and homemakers that ice cream can be included in even a reducing diet. The average American consumes 14.4 quarts of ice cream a year, so why be an exception.

Flavors chosen

Since an enterprising and hungry mountaineer first mixed snow and berries for lunch, many new flavors have been added to the ice cream roster. These varieties range from the ever-popular vanilla to exotic (and expensive) styles made of imported liqueurs. In this wide choice there will be at least one flavor to suit your taste.

The popularity poll gives vanilla more than half of the votes, chocolate above one-sixth and strawberry less than one-tenth. However, preferences vary in different areas of the country. For instance, you will find that a favorite in Chicago is a chocolate-vanilla-fruit mixture, while in California you'll discover an avocado specialty.

Flavors such as these are added in the commercial process after the ice cream mix has been pasteurized and homogenized. After cooling to 40° F., the mix is forced into a tank where the liquid flavors are added. Then the ice cream is pumped through a continuous mixer or freezer. Here blades whip air into the product which freezes quickly at 21° F. After the ice cream leaves the mixer, whole fruit and nuts are added. Approximately 200,000,000 pounds of fruit and 10,000,000 pounds of nuts are used this way each year. Then a pump forces ripples of another flavor into the mix. This is not done in the freezer because the whirling blades would shred the fruit and nuts and would disturb the ripple. Finally, the ice cream is poured into cartons and stored in a room where the temperature is 25° F. ready for you to buy.

Bargain

This tempting dish is more than a refreshing dessert—it's a meal of nutrients within itself. As you realize, milk is the most nearly perfect single food we know. In making ice cream, milk is used in such quantity that one serving of ice cream gives you as many nutrients as you would get from half a glass of milk.

Foodstuffs available

The outstanding foodstuffs thus made available in ice cream are calcium and riboflavin, although protein and Vitamin A are also plentiful. When you eat one serving of ice cream, you swallow more than one tenth of the daily calcium requirement, which is one gram. Without this mineral you would have knock-knees, bow legs, soft muscles and a pot belly. Along with calcium is its companion mineral, phosphorous which helps in the building of strong bones and healthy eyes and skin.

Riboflavin, otherwise known as Vitamin B, is essential for reproduction, for growth and for health of eyes, mouth and skin. Ice cream will provide one-fourth of your minimum daily requirement (1.2 mg) of riboflavin while giving you only one-tenth of your approximate caloric needs for the day.

When you eat a food for its riboflavin content, you should consider the vitamins "availability" or usefulness as it is found in other foods. In an experiment at Iowa State, nutritionists discovered that when riboflavin is in ice cream, more of the vitamin is ab-



sorbed in the body than when an equal amount is consumed from other foods such as soybeans, green peas and almonds. This may be explained by further experiments which revealed that ice cream is completely digested.

Calories added

You can make nutritious ice cream fattening by eating a large serving and by adding calorie-full toppings. However, if you show restraint, you can use ice cream to add satisfaction and variety to a reducing diet. To do this, your serving should be small enough to provide only as many calories as a serving of fruit.

As another alternative, why not make ice cream the main portion of a light meal? In 400 calories-worth of this food you not only will get important vitamins and minerals, but you also will gain satiety. The sugar in ice cream will promptly relieve your hunger. The milk sugar and milk fat, which are digested slowly, will supply you with energy and a full feeling for several hours. This will help you when you are restricting your diet.

Because ice cream is both nutritious and satisfying, you can eat it no matter which direction you want your waist line to grow. Nero enjoyed the early form of ice cream so much that he executed a general for permitting a shipment of snow to melt on its trip down the mountain to Nero's dining room. However, all you have to do is say "Ice Cream, please."



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