<table>
<thead>
<tr>
<th>Food Item</th>
<th>Calories</th>
<th>Carbohydrates (gm)</th>
<th>Protein (gm)</th>
<th>Total Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate</td>
<td>150</td>
<td>18</td>
<td>2</td>
<td>9</td>
<td>60</td>
<td>1 starch 2 fat</td>
</tr>
<tr>
<td>Chocolate Chip</td>
<td>150</td>
<td>15</td>
<td>2</td>
<td>10</td>
<td>45</td>
<td>1 starch 2 fat</td>
</tr>
<tr>
<td>Chocolate Chip Cookie Dough</td>
<td>170</td>
<td>20</td>
<td>2</td>
<td>9</td>
<td>70</td>
<td>1 1/2 starch 2 1/2 fat</td>
</tr>
<tr>
<td>Cookies ’N Cream</td>
<td>170</td>
<td>16</td>
<td>2</td>
<td>11</td>
<td>80</td>
<td>1 starch 2 fat</td>
</tr>
<tr>
<td>French Vanilla</td>
<td>160</td>
<td>14</td>
<td>2</td>
<td>10</td>
<td>45</td>
<td>1 starch 2 fat</td>
</tr>
<tr>
<td>Old Fashion Butter Pecan</td>
<td>160</td>
<td>13</td>
<td>2</td>
<td>11</td>
<td>50</td>
<td>1 starch 2 fat</td>
</tr>
<tr>
<td>Very Berry Strawberry</td>
<td>130</td>
<td>16</td>
<td>1</td>
<td>7</td>
<td>40</td>
<td>1 starch 1 fat</td>
</tr>
</tbody>
</table>
### Sherbet/Sorbet

- **Blue Raspberry Sherbet**
  - Calories: 120
  - Carbohydrates (gm): 25
  - Protein (gm): 1
  - Total Fat (gm): 1.5
  - Sodium (mg): 30
  - Exchanges: 1 1/2 starch

- **Orange Sherbet**
  - Calories: 120
  - Carbohydrates (gm): 26
  - Protein (gm): 1
  - Total Fat (gm): 1
  - Sodium (mg): 25
  - Exchanges: 1 1/2 starch

- **Mixed Berry Lemonade Sorbet**
  - Calories: 110
  - Carbohydrates (gm): 28
  - Protein (gm): 0
  - Total Fat (gm): 0
  - Sodium (mg): 10
  - Exchanges: 2 carbohydrate

- **Pink Raspberry Lemon Sorbet**
  - Calories: 120
  - Carbohydrates (gm): 29
  - Protein (gm): 0
  - Total Fat (gm): 0
  - Sodium (mg): 10
  - Exchanges: 2 carbohydrate

### Non-Fat Ice Cream

- **Berry Innocent Cheese**
  - Calories: 110
  - Carbohydrates (gm): 24
  - Protein (gm): 3
  - Total Fat (gm): 0
  - Sodium (mg): 100
  - Exchanges: 1 1/2 starch

- **Check-It-Out Cherry**
  - Calories: 100
  - Carbohydrates (gm): 22
  - Protein (gm): 3
  - Total Fat (gm): 0
  - Sodium (mg): 90
  - Exchanges: 1 1/2 starch

- **Chocolate Vanilla Twist**
  - Calories: 100
  - Carbohydrates (gm): 21
  - Protein (gm): 4
  - Total Fat (gm): 0
  - Sodium (mg): 100
  - Exchanges: 1 1/2 starch

- **Jamoca Swirl**
  - Calories: 110
  - Carbohydrates (gm): 23
  - Protein (gm): 3
  - Total Fat (gm): 0
  - Sodium (mg): 105
  - Exchanges: 1 1/2 starch
<table>
<thead>
<tr>
<th>Ice Cream Type</th>
<th>Calories</th>
<th>Carbohydrates (gm)</th>
<th>Protein (gm)</th>
<th>Total Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-Fat Ice Cream</td>
<td>100</td>
<td>18</td>
<td>3</td>
<td>2.5</td>
<td>60</td>
<td>1 starch 1/2 fat</td>
</tr>
<tr>
<td>Maui Brownie Madness</td>
<td>140</td>
<td>26</td>
<td>4</td>
<td>3</td>
<td>80</td>
<td>1 1/2 starch 1/2 fat</td>
</tr>
<tr>
<td>Perils of Praline</td>
<td>140</td>
<td>25</td>
<td>4</td>
<td>3</td>
<td>105</td>
<td>1 1/2 starch 1/2 fat</td>
</tr>
<tr>
<td>Raspberry Cheese Louise</td>
<td>130</td>
<td>24</td>
<td>4</td>
<td>3</td>
<td>90</td>
<td>1 1/2 starch 1/2 fat</td>
</tr>
<tr>
<td>No Sugar Added</td>
<td>110</td>
<td>21</td>
<td>3</td>
<td>2</td>
<td>55</td>
<td>1 1/2 starch</td>
</tr>
<tr>
<td>Cherry Cordial</td>
<td>100</td>
<td>18</td>
<td>3</td>
<td>2</td>
<td>55</td>
<td>1 starch</td>
</tr>
<tr>
<td>Mad About Chocolate</td>
<td>100</td>
<td>19</td>
<td>3</td>
<td>2</td>
<td>40</td>
<td>1 1/2 starch</td>
</tr>
<tr>
<td>Pineapple Coconut</td>
<td>90</td>
<td>16</td>
<td>3</td>
<td>1.5</td>
<td>60</td>
<td>1 starch</td>
</tr>
<tr>
<td></td>
<td>Calories</td>
<td>Carbohydrates (gm)</td>
<td>Protein (gm)</td>
<td>Total Fat (gm)</td>
<td>Sodium (mg)</td>
<td>Exchanges</td>
</tr>
<tr>
<td>----------</td>
<td>----------</td>
<td>-------------------</td>
<td>--------------</td>
<td>----------------</td>
<td>--------------</td>
<td>------------</td>
</tr>
<tr>
<td>Thin Mint</td>
<td>100</td>
<td>16</td>
<td>3</td>
<td>2.5</td>
<td>65</td>
<td>1 starch</td>
</tr>
</tbody>
</table>

**Smoothies – 8 ounces (Soft Serve)**

<table>
<thead>
<tr>
<th>Smoothie</th>
<th>Calories</th>
<th>Carbohydrates (gm)</th>
<th>Protein (gm)</th>
<th>Total Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Exchanges</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aloha Berry Banana</td>
<td>180</td>
<td>40</td>
<td>4</td>
<td>0</td>
<td>80</td>
<td>2 1/2 starch</td>
</tr>
<tr>
<td>Bora Berry Bora</td>
<td>170</td>
<td>38</td>
<td>4</td>
<td>0</td>
<td>75</td>
<td>2 starch</td>
</tr>
<tr>
<td>Calypso Berry</td>
<td>160</td>
<td>35</td>
<td>3</td>
<td>0</td>
<td>75</td>
<td>2 starch</td>
</tr>
<tr>
<td>Copa Banana</td>
<td>140</td>
<td>30</td>
<td>4</td>
<td>0</td>
<td>65</td>
<td>2 starch</td>
</tr>
</tbody>
</table>

Nutrient values obtained from Baskin Robbins.

Information compiled and exchanges calculated by:

Janine Freeman, RD, LD, CDE
Nutrition Specialist
The University of Georgia Extension Service

Jennifer Perry
Dietetic Intern
University of Georgia

1/2000