

# WIC WELLNESSWORKS

## How Healthy Is That “Fro-Yo”?

Help-yourself frozen yogurt shops (also known as “fro-yo”) have popped up on every corner. With their numerous flavor choices and toppings galore, it is a dessert-lover’s dream. Frozen yogurt shops market their product as being “healthy,” which lures us in to then top our low-fat yogurt with 2 pounds of candy. Healthy? Not anymore. Although the yogurt usually only contains 100 calories for ½ a cup, you are given a massive serving dish to fill. After this, you have plenty of toppings with which you can dress your yogurt. Most yogurt shops have a selection fresh fruit, granola, nuts, chocolate chips, chopped candy bars, gummy candies, and sprinkles. This is where you have control over the “healthy” option you are being offered.

Try the following tips to keep your fro-yo healthy:

- 1) Don’t overload on the frozen yogurt. Remember that what you are allowing to flow into your cup is more than it seems because of the large serving dish.
- 2) Pack on the fruit. These are your “freebies.”
- 3) Limit the candies. It’s dessert, so you should enjoy it, but watch how many sweet treats you stack—they add up fast, both in calories and dollars.

Adapted from: <http://fitbottomedgirls.com/2012/07/how-healthy-is-that-fro-yo/>

