

Give Up Ice Cream? Never! These Folks Love Ice Cream

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EAST EARL (Lancaster Co.)
— You've heard the rumblings about ice cream being high in fat.

According to some reports, you'd think eating ice cream is something that you need to hide in the closet to do. People may be cutting fat from

their diets, but cutting out ice cream — well, that is one thing the majority of people are not willing to do.

"I'll cut fat in every area — but not ice cream," said Fred Loniewski of New Jersey. "I'm never without ice cream."

He was searching for new flavors among the ice cream section of Shady Maple Farm located in East Earl. Loniewski said that in his area it is difficult to find as many varieties of ice cream. He likes to come here and try as many as he can.

Ice cream is a favorite summer treat. It's been a hot couple of weeks and, according to Shawn Eberly, frozen food manager at the store, ice cream sales have soared.

One consumer remarked, "It's been so hot I've eaten about four tons of ice cream in a week."

Although she is conscious of fat content and mostly buys yogurt and fat-free sour cream and cream cheese, she said when people come to visit they complain that she doesn't have the good stuff — real ice cream. She purchased real ice cream just for her company and will stick to frozen yogurt for herself.

"People say that they are cutting out fat, but what we are finding is that they are cutting it out in all areas except ice cream," said Althea Zanecosky. "Ice cream consumption is really on the rise."

Shoppers at the market confirmed her findings. Even if their doctor has put them on a low-fat diet, they are inclined to eat their ice cream.

Said Vince Brancador of Reading, "You are talking to a person who constantly cheats. I've had open heart surgery. I cut out red meat and extra fats like potato chips and junk food. I eat fish and turkey, fruits and vegetables, but don't take away my ice cream — I need my ice cream."

His wife Connie agrees. "We look for low-fat varieties, but that doesn't stop him from eating the regular kind. In this weather we need it to cool off."

While Mary Wingate of Gordonville did her grocery shopping, she paused to buy ice cream cones for her three sons, Jake, 11; Ian, 7; and Nicolas, 4.

"I try to buy lowfat varieties for myself and the children, but my husband likes the real stuff. He cuts fat in other areas but not in ice cream," Wingate said.

High fat premium ice cream is
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"I'm never without ice cream," said Fred Loniewski of New Jersey. Althea Zanecosky, dietician for Dairy Council said that studies show that he is in the majority. People are cutting fat in other foods but they aren't willing to give up ice cream.



"You're talking to a person who constantly cheats," said Vince Brancador. His wife Connie looks for low-fat varieties because she likes ice cream as much as her husband.



The Wingate siblings Jake, 11; Ian, 7; and Nicolas, 4, enjoy ice cream cones.



Anna Ruth Beller pushes a shopping cart loaded with ice cream.



Carmella and Charles Esterly of Pottstown are not ready to give the pleasure of an ice cream cone even though Carmella is diabetic. "I must be doing something right," said Charles, who is 71, and said that almost every food he eats is a dairy product and he doesn't have high cholesterol.



Shawn Eberly



Frances Cutrona



Art Good