

# Frozen yogurt fixation

Tasty treats are healthy substitute for ice cream

By SHERYL WEINERMAN  
Collegian Business Writer

If one screams for ice cream, then does one yell for yogurt?

Frozen yogurt, that is. Chances are, Penn Staters have been trying the new frozen yogurt parlors this summer to beat the heat or enjoy a treat. In the past two years The Country's Best Yogurt (TCBY) and The Yogurt Express have opened downtown.

Today, ice cream is usually considered a no-no on a low-fat diet. Can yogurt fit into that diet then? According to its brochures, TCBY advertises an "all-natural yogurt with almost 50 percent fewer calories and 80 percent less fat than premium ice cream."

The Express advertises that "although Colombo (yogurt) reminds many people of the finest ice cream, it has 40 percent less calories and one quarter the cholesterol."

Both stores offer many yogurt desserts, from a shake to a sundae, a crepe to a cone — all with toppings like nuts, fruits, candies and whipped topping. But with all the variety to eating yogurt, it might be best to go easy on the sugar-based toppings to help and not harm diets.

Helen A. Guthrie, head of the University's nutrition department, says, "If one-third of yogurt is sugar, the

sugar has diluted some of its health benefits."

She adds that it's also best when the yogurt is made with low-fat milk. If not, the benefits or advantages over ice cream are reduced. It's misleading to consumers to let them think the yogurt is 96 percent fat free, she says, but yogurt still is better than ice cream, which can contain anywhere from 10 to 20 percent fat by volume.

**'If one-third of yogurt is sugar, the sugar has diluted some of its health benefits.'**

— Helen Guthrie, nutrition dept. head

A dietary goal should be that no more than 30 percent of the daily calories consumed come from fat, Guthrie says. A hamburger provides 30 to 60 percent of its calories from fat, and yogurt 40 percent of its calories. Therefore, yogurt is not considered a low-fat product.

Yogurt, its origins unknown, has been around for more than 4,000 years. It may have been created in a

clay container where it fermented into yogurt. The long lifespan (over 100 years) of Russian Bulgarians has been attributed to yogurt. Once the yogurt bacterium was identified as a clue to long life, it led to commercial production.

A 100 percent milk product, yogurt was hailed by the ancients as a miracle food and a cure-all that would cleanse the body and purge the soul of evil spirits. More recent discoveries say the bacteria found in yogurt help the digestive tract. An hour after the consumption of yogurt, 90 percent of it is digested, helping the digestive tract — compared to about 30 percent for milk.

Carol Crago, manager of the TCBY franchise, 128 Locust Lane, said her store is not competing with the local ice cream stores because ice cream is not a health food.

She says business has been good and sales didn't fall off in the summer as predicted with the exodus of University students.

Crago and Marlon S. Castillo of The Yogurt Express at 418 E. College Ave. (formerly the location of the Train Station) say customers can't believe their products really are yogurt, that they taste like ice cream. Both managers say yogurt is healthier and contains less fat than ice cream.

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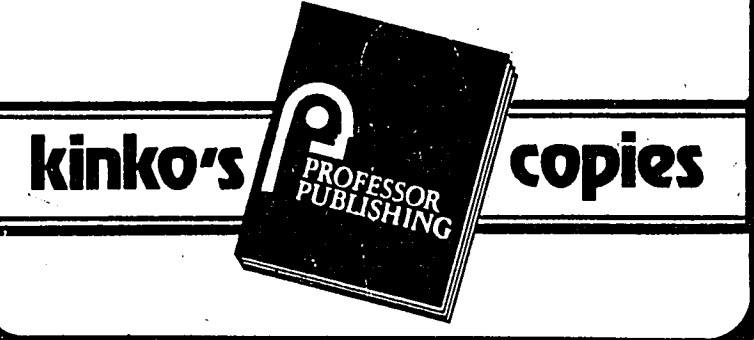
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