

Health Benefits

Is Frozen Yogurt Healthier Than Ice Cream?

Frozen yogurt is a dessert similar to ice cream, but made from yogurt rather than cream. It is healthier than ice cream, so many people choose it as an alternative. Frozen yogurt is richer in minerals and nutrients as compared to ice cream. Frozen yogurt contains enzymes that help people with lactose intolerance. Yogurt also tends to have high levels of protein.

Frozen yogurt is perhaps best viewed health-wise as being somewhere between real yogurt and ice cream. While it contains protein, protein found in frozen yogurt is often as little as a third the amount found in regular yogurt, and roughly equivalent to that found in ice cream.

While ice cream is quite high in fat- between 10% and 18% fat by weight - frozen yogurt varies more widely. It usually has less fat than a comparable ice cream, but higher amounts of fat and substantially more calories than a comparable yogurt. Fat – free frozen yogurts exist, but they often have even more added sugar than other varieties.

Frozen yogurt is made in much the same way as ice cream, and can be made at home in an ice cream maker. Yogurt replaces the cream content of ice cream, but otherwise, similar ingredients are used. A great deal of sugar is usually added, as in ice cream, which is a major reason why frozen yogurt is not nearly as healthy as regular yogurt.. Yogurt, because of its changed structure, freezes and melts at much higher temperatures than milk, frozen yogurt stay frozen much longer than ice cream when subjected to room temperatures.

All in all, frozen yogurt can be safely viewed as a healthy alternative to ice cream – on a par perhaps with frozen milk or some sorbets. The enzymatic benefits can aid digestion, and some of the additional health benefits of yogurt remain in its sweetened and frozen form. It should not, however, be viewed as a “healthy” food, as it still contains relatively high levels of fat and may have extremely high amounts of sugar.

Source: www.wisegeek.com

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