



WHICH IS WORSE...

ICE CREAM or GELATO?

ICE CREAM DISHES UP MORE UNHEALTHY STUFF.

Per ounce, it has more sugar, fat and calories than gelato, says Lauren Slayton, R.D., founder of Foodtrainers in New York City. Ice cream also has a milder flavor and fluffier texture than its Italian cousin, which may make it feel less filling, Slayton adds. That could be why people tend to eat more than the suggested serving size of ice cream ($\frac{1}{2}$ cup), whereas they may feel satisfied after eating the same amount of gelato.

