

THE REAL DIFFERENCE BETWEEN ICE CREAM AND FROZEN DESSERT!

With the scorching Indian summer setting in, the only things kids want to have is Ice Cream!

So you head to the nearest shop to buy your kids Ice cream and realize certain packs have 'Frozen Desserts' mentioned on the pack.

Now with all the confusing information on Social media, you may want to know what is the difference between Ice Cream and Frozen Dessert right?

Both ice cream and frozen dessert contain milk/milk solids. To make an ice cream/frozen dessert, in addition to milk protein, fat is also needed. The difference between frozen dessert and ice cream is that frozen dessert use vegetable fat (referred to as edible vegetable oil in the labelling) in place of milk fat, which actually makes it healthier with no cholesterol, and lower saturated fat.

In India, use of dairy fat as the only source of fat is a requirement to call the product Ice Cream. In these cases non-dairy fat or vegetable oil containing products is termed Frozen Dessert.

What's even better is that Frozen desserts have a better nutrition profile, without compromising on taste and acceptability. The expertise of many of these companies in ice cream processing has helped them deliver creamy texture and great tasting products with lesser fat.

It's also important to note that we need to read product labels, to identify products that contain hydrogenated vegetable oil/fat also known as Vanaspati/Dalda. As per FSSAI regulations, the food, in which hydrogenated vegetable fats are used need to declare on the label that 'hydrogenated vegetable fats or bakery shortening used- contains trans fats'.

So this summer, eat healthy, and don't miss out on your dessert!