

## **Frozen Desserts: Unravelling facts**

With all the hype around Ice cream and Frozen desserts, curiosity is building up to understand what is it all about! You have suddenly started looking at the label of the dessert that you have enjoyed eating all these years. It is frozen dessert! With the messages circulating in the social media, you tend to think 'Am I eating right?'

With my years in nutrition, I thought it is necessary to demystify and addressed right away!

The food laws in India have categorized Dairy based ice-creams into three different categories:

1. Ice Cream and Frozen Dessert
2. Frozen Confection and dried Ice Cream
3. Frozen Dessert and Confection.

Does this mean that your favourite frozen dessert does not contain the goodies from milk? Not at all. They contain milk/milk solids just like ice creams do and therefore all of them fall under Dairy Based Confection category. The only thing that differs is the type of fat used- Ice Creams use dairy fat while Frozen desserts use vegetable oil. You would agree with me when I say that Frozen Desserts are as creamy as Ice cream! How do they do that? Years of experience in making frozen desserts have given industries the skill of delivering it with creamy texture, great taste and all this with less fat!

The use of vegetable oil and milk protein in Frozen Desserts brings in certain health benefits. The saturated fat content (the 'bad' fat) is generally lower in vegetable oil as compared to dairy fat. To top it, vegetable oil is naturally cholesterol free.

Worried about Vanaspati in the dessert and would love to avoid it? If the label does not specify it, then the dessert does not have it. Since, in our country, it is mandatory by law to clearly declare on the label as 'hydrogenated vegetable fats or bakery shortening used- contains trans fats'. Next time, make sure you check the label.

So, if you are enjoying frozen dessert – do not fret about not having the `real' thing – you are in all probability enjoying a healthier\* ice cream experience!

\*Frozen Dessert is a healthier dessert option when compared to Ice Cream due to the comparatively lower content of saturated fat and zero cholesterol and trans fat content.