

EAT BEAT

by Martha Wagner

From Ice Cream to Ice Bean...

The Scoop on Our Favorite Frozen Treats

In the beginning there was ice cream and sherbet, in a modest number of flavors. Next came ice milk and frozen yogurt for the calorie-conscious, Tofutti and other soy-based desserts for people avoiding dairy foods and cholesterol.

Today's new frozen treats reflect the growing American appetite for both high-quality decadence and health. Haagen-Dazs is just one of many rich designer ice creams and novelties (bars, sticks, squares, etc.). Low-calorie frozen fruit bars are the fastest growing frozen novelty, according to *Advertising Age*.

Locally, the upscale trend moved beyond Haagen-Dazs and Marco's Gelato last year with the first appearance of the unwieldy, oversized Dove Bar, a 500-calorie block of premium ice cream covered with a thick layer of chocolate. Designer ice cream at designer prices—\$1.50 to \$2 per indulgence. This summer there are several new premium ice creams in local supermarkets and natural food stores, including one, Cafe Glace, sweetened with fruit juice instead of sugar.

The health trend has picked up with the opening of numerous frozen yogurt shops and, thanks to widespread media attention, Tofutti. Today there's also Lite Lite Tofutti in the freezer case and a variety of other non-dairy frozen desserts.

Many frozen desserts have nutrition information on their packaging, and some list ingredients only. Here's the scoop on what you're getting when you choose to indulge in summer treats.

• **Ice cream.** By law, ice cream must contain 10 percent butterfat or more, but that doesn't mean that a serving is just 10 percent fat. A 3/4 cup serving of standard ice cream averages about 225 calories, 50 percent of those calories from fat; higher fat (up to 22 percent butterfat) premium gourmet ice creams are 300 to 400 calories per serving, with 60 percent or more of calories from fat.

• **Gelato.** Italian-style ice creams vary in fat content from 10 to 20 percent butterfat. Marco's Gelato is 10 percent butterfat.

• **Sherbet, sorbet and sorbetto.** Sherbets have a smaller percentage of milk fat than ice cream, with about 140 calories per serving. Sorbets—and their Italian cousins, sorbetti—are fat-free fruit ices, with a comparable calorie count. Some have more sugar than ice cream. Others, such as Nouvelle Sorbet, are sweetened with fruit juice.

• **Frozen fruit bars.** Made primarily from fruit and fruit juices, these are low-calorie desserts, many of them weighing in at under 100 calories. Most fruit bars contain two to four teaspoons of sugar. Most are fat free and made with natural colorings, such as beet juice and turmeric. Even fruit and cream bars, such as those made by Dole and Chiquita, contain less than a half teaspoon of fat. Some companies are straying from the original fruit focus by adding high-calorie chocolate coatings.

• **Frozen yogurt.** Frozen yogurt can be healthful or decadent, depending on serving size and optional toppings, ranging from fresh fruit to crumbled Oreos and Butterfinger candy. By itself, frozen yogurt such as Honey Hill Farms, a brand sold at many yogurt and ice cream shops, averages about 155 calories for a six ounce (small size) serving, with fat accounting for a third of the calories.

• **Tofutti and other soy competitors.** Sales of Tofutti, the best known soy-based frozen dessert, have declined with growing competition and with media scrutiny of its ingredients. According to *Nutrition Action Healthletter* (May 1986), Tofutti "doesn't contain enough tofu to shake a chopstick at . . . [it's] similar to many fast-food shakes—a mixture of oils, sweeteners, flavorings, and sometimes protein solids—with a little tofu thrown in for marketing purposes." A serving of Tofutti is similar to a serving of ice cream in

fat and calories, although it has no cholesterol and is lactose-free. The new Lite Lite Tofutti cuts calories and fat drastically, with a serving amounting to just 90 calories. Soy competitors include the original soy frozen dessert, Ice Bean, lower in calories than most ice creams, but with a similar proportion of fat.

• **Rice Dream.** The inspiration for this frozen dessert came from the Japanese traditional cultured sweet rice beverage called amazake. The product is made from cultured sweet brown rice, safflower oil, fruit and flavorings, with the addition of maple syrup or fruit concentrate in a few flavors. A serving has approximately 150 calories, about 50 percent of calories from fat. Rice Dream is sold in pints and new "Squeeze Up" single servings.

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Smoothies, fresh-squeezed juices and other healthy fare are the mainstay of **The Juice Bar**, the new Fifth Street Market replacement for the Genesis Juice Bar. Owners Sandra Fuller, Karen Mount and Terri Gann are using locally-produced Genesis juices and a menu similar to the former Genesis menu. The menu offers salads, juice drinks, honey-sweetened muffins, baked potatoes, etc. The juice bar is located downstairs at the north end of the food area. Hours are 7 am to 6 pm daily.

Fifth Street's Hamburger Terry's, recently closed for remodeling, is now **Terry's Diner**. Take yourself back to the Fifties . . . with a serving of meatloaf or macaroni and cheese, and a spin of your favorite tune on the jukebox. Although the decor has changed and there's more seating, including a 10-person counter, the burgers, omelettes and other menu standards remain. The new menu also includes old-fashioned home fries, soda fountain drinks, cookies and pie, and specialties such as barbecued chicken wings. New hours are 7 am to 10 pm Monday through Friday, 8 am to 10 pm Saturday, and 9 am to 6 pm Sunday.

Park Street Cafe is an attractive new downtown eatery tucked away on the east side of the Smeede Hotel, 776 West Park St. The restaurant offers continental breakfasts, with pastries from Fall Creek Bakery. The lunch menu includes varied salads, sandwiches using chemical-free meats, plus quiche and seasonal fresh soups. Owner-chef James Bourdin has been in the restaurant business for 15 years, part of that time in the Caribbean. Hours are 7 am to 4 pm Monday through Friday.

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Two new cookbooks offer inspiration for warm weather meals. **Barbecue: Indoors and Out** (\$11.95, Jeremy Tarcher, Inc.) by Ashland's Linda West Eckhardt, author of a half dozen cookbooks, combines cooking and equipment tips with a collection of imaginative recipes. Recipes include regional and international specialties, from Barbecued Maine Lobster and Texas Pit Barbecue to Yucatecan Grilled Rockfish. Vegetarians have something for the grill, too: a good-size chapter of fruit, vegetable and tofu dishes that are every bit as creative as the book's meaty fare.

Seafood: A Collection of Heart-Healthy Recipes by Janis Harsila, R.D., and Evie Hansen (\$11.95, National Seafood Educators, available at bookstores and Newman's Fish Markets) takes a different approach to fish cookery than many fish cookbooks. The 160 recipes are well-spiced and varied, but they don't have the fatty sauces that so often accompany fish and shellfish. These recipes meet American Heart Association dietary guidelines. Better yet, each can be prepared in about 20 minutes. Recipes include barbecue, picnic, soup, and microwave fare. Added features include a list of similar tasting fish—helpful for making recipe substitutions—and illustrated instructions for filleting fish, cleaning shellfish, etc.



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