

Join us for the Fitwize

Nutrition Session

Friday, May 18

4 to 5 PM!



Popsicles and frozen fruit bars are delicious treats on a hot summer day.

This month we will compare store-bought brands to ones you can make at home with whole and fresh ingredients.

Enjoying Cool and Refreshing Treats in a Healthy Way

By Stephanie Mull, MS, RD, CSSD, CSCS

Warmer weather is finally here and soon enough schools will be out for the summer! That means more time at home and at the pool. Enjoying a cool and refreshing treat on a hot day can really hit the spot. This month we are going to be looking at the various types of popsicles on the market and comparing them to ones we can make at home.



Popsicles are usually mostly various forms of sugar and water. Most of us are probably familiar with the actual brand Popsicle, which we see in most stores. In one pop, you get 10 grams of carbohydrate, of which 8 grams are sugar. The sugar sources are high fructose corn syrup, corn syrup and sugar. That isn't a lot of sugar for one popsicle but that is only true if kids only eat one popsicle per day.

There are other options available including ones that are more fruit based. Let's look at Edy's Outshine Fruit Bars. In one bar, you'll will get 16 grams of carbohydrate of which 16 grams are sugar. Remember, fruit is a natural sugar so you need to look at the ingredients to see if any additional sugar is added. For this brand, the first three ingredients are: water, strawberries and sugar. So there is additional sugar in this bar but we don't know how much of the sugar grams are coming from added sugar.

Another brand is Whole Fruit. In one strawberry fruit bar, you will get 17 grams of carbohydrate, of which 12 grams are sugar. The first 4 ingredients that are notable are water, strawberries, sugar and corn syrup solids.

So even when you think you are choosing a very natural, whole food product, you are still getting added sugar beyond the natural sugar found in the fruit. Therefore, one of the best ways to control what you are ingesting is to make fruit bars yourself! There are plenty of recipes available which utilize whole and fresh ingredients. You can mix up the fruit you use in order to get the taste and variety you want. You can use a Dixie cup or find a BPA free plastic popsicle mold and popsicle sticks.



One simple recipe is to take 1 cup of juice with no added sugar and 1 cup of fresh fruit. Blend them together and then pour into the cups or mold. Freeze for 3 hours before enjoying. Don't forget to put the popsicle stick in the middle! This is a simple and fun thing for kids to do this summer and best of all is they get to enjoy a healthier cool and refreshing treat!