Ice-block treats

**HFG PICKS**

- **Juicies**
  - Tropical Fruit Juice
  188kJ, 0g sat fat; $0.43 per serve

- **FruJu Sorbet**
  - Lemon & Lime
  290kJ, <1g sat fat; $1.06 per serve

- **Popsicle**
  - Milky Mambo
  320kJ, 1.2g sat fat, 200mg calcium; $0.72 per serve

- **Tip Top Vanilla Slices**
  403kJ, 2.9g sat fat; $0.73 per serve
  - plus wafers (which are both cheap and low kJ) for the best way to eat them

- **Jelly Tip Minis**
  446kJ, 4.0g sat fat; $0.75 per serve

- **Magnum Minis – Almond**
  736kJ, 7.4g sat fat; $1.29 per serve

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**What does it mean?**

**Strength training**
Also known as resistance training, strength training conditions your muscles, joints and bones using resistance as force. You can use a resistance band, hand weights, your body weight or machines. (see September 08 issue of HFG)

**Flexibility training**
This helps lengthen your muscles so you can move your joints through a full range of motion.

Activities:
- stretching, yoga, Pilates.

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**Ice cream**

- Made using cream or milk products
- Generally aerated to give it lightness
- Choose low-fat options
- Ice cream with alternative sweeteners has less kilojoules

**Gelato**
- Italian-style ice cream made with dairy products
- Usually more dense than our traditional ice cream (ie. less aerated), so try a smaller serve
- Because of its name, some people think gelato contains gelatin – it doesn’t

**Sorbet**
- Made in a similar way to gelato but water is used instead of milk or cream so it’s lower in kilojoules
- A good option for anyone who needs to avoid dairy

**Frozen yoghurt**
- This is not standard yoghurt in frozen form. These usually have a lot more sugar