Ice-block treats

■ 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 – Chocolate & Banana 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

healthyfood