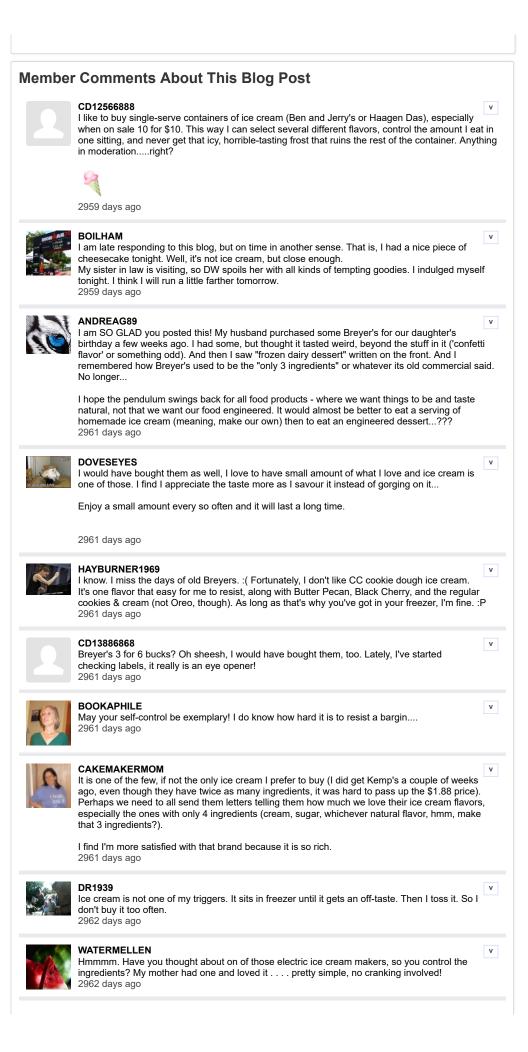


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	MISCHAKEO Good luck on your ice cream experiment. I used to eat a whole pint of my favorite Hagen Das. I think eating moderate proportions would work. I am trying to get away from processed foods als Hope your garden is growing. 2962 days ago	, D.
<u>-</u>	COCK-ROBIN ANESONE 2962 days ago	/
	NANNABLACK CREAT 2962 days ago	/
	CD13683589 Thanks for this informative blog (your confession only means I am in good company!) I checked your link and I will be checking cartons carefully. Not that I buy ice cream often, but when I do "I scream for "ice cream" not frozen dairy dessert, no matter the quality! 2962 days ago	י ו
	LAURANCE I almost never buy ice cream. But my daughter gave me an ice cream machine. Oh boy, did I ever gain weight! I made full-fat heavy-duty super yummy ice cream and had a wonderful time. I haven't used that ice cream machine in a long, long time. Yes, I could use it to make fat-free concoctions and "healthy" stuff, but there are some things that the Good Lord did not mean to be "healthy". 2962 days ago	/
	WILSONWR What a great experiment! I haven't had ice cream in a while as I tend to overdo it 2962 days ago	/
	BELLAMEMAW Fues You are wonderfully human Pat 2962 days ago Pat	/
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	Comment	
Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.		