

BEST OF SUMMER SUNSCREEN, HEALTHY ICE CREAM + MORE

Good Housekeeping

JULY 2009

BBQ
on a
BUDGET!
p.150

The **Jonas Brothers**

& Mom Denise

On family, faith—and the
one parenting rule
she'll never break

5 Foods that Take You Down a Size

**LIVING
WITH LESS**

4 BEST MONEY MOVES

Tiny changes,
BIG RESULTS
10 smartest health fixes





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AT-HOME TREATS

If you'd like to stock the freezer with sweets, try my low-guilt picks: **Dreyer's/Edy's Slow Churned Frozen Yogurt Blends** in Tart Mango or Tart Honey. They're 100 calories and 1.5 grams of fat per half-cup serving, and deliver tangy yogurt-shop flavor for a fraction of the cost.

For chocoholics: **Breyers Smooth & Dreamy** reduced-fat ice cream just introduced **Chocolate Chocolate Chip**, a decadent flavor that's surprisingly low-cal, with 140 calories and 5 grams of fat per half cup. Also new: **Strawberry Cheesecake**. With 120 calories and 3.5 grams of fat per half cup, it's tasty and even lighter.

PARLOR PICKS

Going out for a treat? Here's a scoop: The just-launched **Baskin-Robbins Premium Churned Light Ice Cream** line includes **Aloha Maui Brownie** (chocolate ice cream, chewy brownies, and crispy macadamia nut brittle—*mmm!*) and **Raspberry Chip** (rich, but not overly so, with chips providing a choco-fix). Both are a bit of a calorie splurge—with 250 and 230 calories per half-cup scoop, respectively—but have about half the saturated fat of BR's usual flavors. —*Samantha B. Cassetty, M.S., R.D., nutrition director*

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THE SOUNDS OF SUMMER

Griffin Evolve Wireless Sound System (\$350) lets me move the party from room to room, or even outdoors. The speakers can be placed up to 150 feet from the base station, which plugs into the wall and has a built-in iPod dock. (Auxiliary inputs allow you to play nearly any audio device, such as another MP3 player, a stereo, or a TV.) The speakers can last for 10 hours, and then rest on the base station to recharge. —*Rachel Rothman, test engineer*



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SUPER SPINNER

My secret to a perfect salad: Drying the greens after washing. Water on lettuce dilutes dressing, which then runs off; adding more is wasteful (and fattening). The **Zyliss Easy Spin** (\$25) whirls away water, removing more moisture than any other spinner I've tried. —*Sharon Franke, kitchen appliances & technology director*

KIDDIE CORNER

Chunks O' Fruti Strawberry Fruit Bars are a smart choice for ice-pop fans like my 5-year-old son. A 90-calorie, fat-free bar delivers 35 percent of daily vitamin C requirements—along with chunks of real fruit. As a mom and nutritionist, I'm pleased that the pops don't contain



the artificial ingredients plaguing many goodies marketed to children.

Baskin-Robbins Rainbow Sherbet was one of my faves when I was a child. Now, my son loves its bright colors, and I love its reasonable 160 calories and 2 grams of fat per half-cup scoop. —*Samantha B. Cassetty*

