



Ice Cream a very nutritious dessert

*Made to be enjoyed; ice
creams are ideal to helps us
reduce anxiety and stress by
relaxing our nervous system.*



When we think about ice cream, most of us think of the refreshing sensation of enjoying it on a hot summer's day, or kids smiling when they get a couple of scoops for dessert. But there's much more to ice cream than meets the eye.

Ice cream is much more than just a refreshing dessert or a sweet treat. It combines nutritional ingredients such as milk, yogurt, fruits, seeds, and others ingredients that provide nutritional sustenance, besides being easily digestible. All these things make ice cream a healthy alternative, when consumed in balanced amounts.

There are many types of ice creams, and logically, due to its nutritional and caloric values, it varies in function of each of its ingredients. Ice creams elaborated with milk provide proteins, fats, carbohydrates and minerals such as calcium, phosphorous, magnesium and potassium, as well as vitamins A, D and B complex.

Most of the time ice creams are avoided because they're sweet and creamy, however they actually provide less sugar and fats than most packaged and pastry products.

Especially since kids love ice cream, the best option is to give them ice cream for dessert or as a snack. Remember, ice cream provides the required sugar intake as well as other nutritional ingredients necessary for adequate growth and development, such as proteins and calcium. Candy and caramels only provide calories that are not nutritious.

Another good thing about ice cream is that helps reduce anxiety and stress by relaxing our body's nervous system, due to some natural endorphins found in chocolate, sugars and casein.

Today we know that the "ice" in the "cream" actually stimulates our taste buds and the sugars stimulate our pancreas, which actually increases our appetite. So it can actually be used to open the appetite for those kids that simply don't want to eat



Ice creams are definitely not just a simple sweet snack. It's a delicious and nutritious dessert that can actually form part of our balanced diets, as kids or as adults.

Summary

Flavors to be enjoyed.

Coronado offers different flavors such as chocolate, strawberry, vanilla-chips and Strawberry-Vanilla-Lemon blend, as well as Chocopaleta (chocolate popsicles) and the Okus Chokus cones.

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