



Summertime is ice cream time

Nothing says summer like cool, refreshing ice cream. Classic vanilla, rich chocolate, fruity sorbet: the possibilities are endless. Get the full scoop on the warm-weather favourite. And learn how you can enjoy it in a kidney-friendly way.



Cloudy beginnings

Centuries ago, our predecessors discovered the delight we know today as ice cream. No one person can claim to have invented the popular treat. In ancient China and ancient Rome, people are said to have enjoyed confections made of flavoured ice or snow. Centuries later, Marco Polo is said to have brought a recipe for ice cream from China to Italy.

Historians estimate that ice cream as we know and love it today appeared across Europe sometime in the 16th century. However, the delicacy was reserved for royalty and other privileged members of society. The general public was not treated to a taste of this treat until around 100 years later. Thank goodness!

Varieties galore

Ice cream not only comes in countless flavours – from classic vanilla to rich chocolate to strawberry and more. It also comes in

different varieties, each with their own unique properties. Here's a quick guide to the most common ones.

Ice cream: Typically made of cream or milk, sugar or other sweetener, eggs and flavouring.

Gelato: Italian-style ice cream that is softer, denser and, arguably, more concentrated in flavour than traditional ice cream.

Frozen yoghurt: Tarter and tangier than ice cream or gelato, it contains milk, yoghurt cultures, a sweetener and flavourings.

Sorbet: Made without dairy or eggs, it's a sweetened, flavoured ice-based treat. Commonly contains fruit, though chocolate and champagne are also possible.

Italian ice: Often dairy and egg free like sorbet, and comes in a range of fruit flavours.

A kidney-friendly summer

There are so many ways to enjoy the quintessential taste of summer. Just remember to count the ice cream, sorbet or frozen yoghurt you eat towards your daily liquid or dietary allowance. Ask your dietician for advice if you have any specific questions.

Here's a great idea: why not make the frozen treat and invite grandchildren, friends or neighbours over to enjoy it with you? Turn to page 26 for kidney-friendly ice cream recipe idea and inspiration. Here's to a happy, healthy and delicious summer!



Cool treats

When the mercury starts to climb this summer, there is no doubt you will want to indulge in this evergreen frozen treat. But for good health, it is essential to consciously make kidney-friendly choices. By following our ice cream recommendations, you can savour the cool, refreshing flavour:

Make homemade kidney-friendly ice cream (it's easy!). Better yet, freeze small portions of it in an ice cube tray. This lets you track your liquid intake and enjoy small treats throughout the day.

Opt for nutrients. Choose ice cream varieties made with yoghurt, cream or kidney-friendly fruit over those just containing water and sugar.

Sweeten with honey or syrup if needed, instead of using pure fruit juice.

Choose the right fruits as a garnish. Pear, apple, raspberries, blueberries, strawberries and sour cherries are suitable. Ideally from a tin or jar, or as compote.

Avoid fruits high in potassium. This includes bananas, passion fruit, guava and most other exotic fruit.

Satisfy your sweet tooth. Top your ice cream with a small amount of chocolate sprinkles, caramel, crushed cornflakes or other crunchy, kidney-friendly treat.