

# THE ORANGE COUNTY REGISTER

My refrigerator knows when it's the start of summer. It begins stocking up on boxes and cartons of ice cream. They just appear out of nowhere, and the fridge has a system in place, because the one thing it cannot stand is for one of the household's occupants to just stand there, door wide open, looking for something to eat.

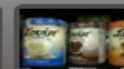
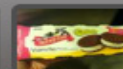
Ice cream doesn't have to be fattening, of course, but for my money, it should at least be ice cream. You can go all natural if you want, and you can find the tastiest, low-fattiest frozen yogurt in the world, but sometimes on a hot summer day only ice cream will do.

Sorry, Tofutti and Organic Rice Divine.

So I've put together a slide show of some good (or at least good-looking) low-calorie ice creams, and ice-cream bars. Click on the image at right to start the gallery!

## Slide show: Low-calorie ice creams

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This is a new entrant on the low-cal ice-cream bar market. So new, in fact, that production by the Temecula-based [Arctic Zero](#) just began last week. The Chocolate Dipped Premium bar has only 85 calories and is made from all-natural ingredients.