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## **Have Yourself a Healthful Holiday Season with Ice Cream Options That Won't Tip the Scales**

***Breyers® Double Churn FREE and Klondike® Slim-a-Bear® Help Satisfy Your Sweet  
Tooth While Keeping Holiday Weight Under Control***

Green Bay, WI (December 12, 2007) — The holidays are full of sweet treats but winter weight gain shouldn't be a cause for concern this holiday season. Breyers® Double Churn FREE ice cream and Klondike® Slim-a-Bear® 100 Calorie bars and sandwiches provide delicious options that allow you to take part in the sweet side of the holiday season while still maintaining your waistline.

Available in four rich and creamy fat-free flavors, Breyers® Double Churn FREE can provide some relief in the ice cream aisle for shoppers facing a broad selection of high-calorie, high-fat temptations that go hand-in-hand with the holiday season. Klondike® makes it easy to satisfy a craving with pre-portioned Slim-a-Bear® 100 Calorie ice cream bars and sandwiches.

"It is easy to be overwhelmed by the abundance of desserts and snacks available during the holiday season," said Shannon Jackson Arnold, ice cream expert and author of *Everybody Loves Ice Cream: The Whole Scoop on America's Favorite Treat*. "But with Breyers® Double Churn FREE and 100 Calorie options from Slim-a-Bear®, you can truly participate in holiday traditions without feeling like you've put a dent in your diet."

**Tips for Adding a Festive Twist**

Don't let unexpected guests create additional stress this season. Appear as though you were expecting them all along with these very simple and quick tips for adding a festive little twist to your fat-free ice cream or 100 Calorie discovery. Simply top your favorite holiday pie with a scoop of Breyers® Double Churn FREE fat-free ice cream, or follow one of these trouble-free suggestions from Shannon Jackson Arnold for spicing up lighter holiday desserts this season:

1. Create a festive look by crushing three pieces of peppermint candy and rolling the sides of a 100 Calorie Slim-a-Bear® ice cream sandwich through it.  
One sandwich with peppermint: 160 calories, 1.5 g Fat
2. For a gourmet presentation, place a 100 Calorie Slim-a-Bear® stickless ice cream bar on a small plate and drizzle with 2 teaspoons of caramel sauce from a squeeze bottle or raspberry puree (or both!) and garnish with some fresh berries.  
One Bar: 130 Calories and 7 grams of fat
3. Go for elegance at your next gathering by serving four or five mini scoops of Breyers® Double Churn FREE fat-free ice cream (1/2 cup total) in a martini glass, along with a sprig of mint. Use a melon baller if you don't have a small scoop.  
4 scoops (2 TBS each; ½ cup total) = 90-110 calories depending on flavors used
4. Dress up your 100 Calorie treats by drawing trees or stars in holiday colors with 1 tsp of gel-type frosting onto 100 Calorie Slim-a-Bear® stickless ice cream bars.  
One bar: 130 calories, 7 grams of fat

If you're not too busy decking the halls, here are a few more ideas that will be sure to leave an impression on your holiday visitors:

1. Dazzle guests with an easy holiday parfait by layering small scoops of Breyers® Double Churn FREE Creamy Vanilla and French Chocolate fat-free ice creams (1/3 cup total), nonfat, nondairy whipped topping (2 tablespoons total), two crushed gingersnaps and unsweetened pureed raspberries (6 teaspoons total; make by pureeing equal parts raspberries and water in a blender)  
One parfait: 155 calories, 1.25 g fat
2. Make an easy ice cream pie by softening your favorite flavor of Breyers® Double Churn FREE fat-free ice cream. Spread into a pre-made, reduced-fat graham cracker or chocolate cookie crust, and decorate with red or green sugar or sprinkles or other holiday candies. Freeze until ready to serve. Cut into eight pieces.  
1/8 of pie with toppings = 262 calories, approximately 5-6 g fat
3. Fill no-fat meringue nests with ½ cup berries and ½ cup of your favorite flavor of Breyers® Double Churn FREE fat-free ice cream for a no-fat treat.  
One nest: About 200 calories, 0 g fat

Try this at home! Delight the kids with an ice cream snowman. Follow these simple steps to create your own indoor snowman:

1. Roll ice cream scoops in coconut to coat. For each snowman, stack three scoops. Create eyes, mouth and buttons with chocolate chips. Use colored end of candy stick for nose. Break remaining chocolate covered part of candy stick in half to make arms. Place snowmen in freezer to firm up, if necessary. Reserve remaining coconut for serving.
2. Place snowmen on dessert plates with rims. Top each with kiwi slices and strawberry half for hat. Scatter remaining coconut on plate for snow. Serve immediately. Serves four.

Ingredients:

- 12 mini scoops of Breyers® Double Churn FREE Creamy Vanilla fat-free ice cream (3 two-tablespoon scoops per snowman)
- 8 tablespoons shredded or flaked coconut, divided
- Mini semisweet chocolate chips
- 4 chocolate-dipped candy sticks
- 4 kiwi slices
- 4 strawberry halves

For more festive ideas on how to spice up your holiday desserts or for more information about Breyers® and Klondike® products, visit [www.icecreamusa.com/recipes](http://www.icecreamusa.com/recipes).

### **About Breyers® Double Churn FREE**

Available in four flavors including Creamy Vanilla, French Chocolate, Caramel Swirl, and Cappuccino Chocolate Chunk, Breyers® Double Churn FREE is sold nationwide in a 56 oz. container for a suggested retail price of \$5.55.

### **About Klondike® Slim-a-Bear® 100 Calorie Products**

**Slim-a-Bear® 100 Calorie ice cream sandwiches** —The 3 oz. sandwich is available in both Vanilla and Vanilla/Chocolate varieties. Slim-a-Bear® ice cream sandwiches are sold in a six-count package for a suggested retail price of \$4.09.

**Slim-a-Bear® 100 Calorie ice cream bars** — This 2 oz. ice cream bar is made with reduced-calorie and low-fat ice cream and covered with special Klondike® Chocolate. The 100 Calorie stickless bar is sold in an eight-count box for a suggested retail price of \$4.09.

### **About Unilever**

Unilever [NYSE: UL, UN], one of the world's largest consumer products companies, aims to add vitality to life by meeting everyday needs for nutrition, hygiene and personal care. Each day, around the world,

consumers make 160 million decisions to purchase Unilever products. The company has a portfolio of brands that make people feel good, look good and get more out of life.

In the United States these brands include recognized names such as: Axe, "all," Ben & Jerry's, Bertolli, Breyers, Caress, Country Crock, Degree, Dove personal care products, Hellmann's, Knorr, Lipton, Popsicle, Promise, Q-Tips, Skippy, Slim-Fast, Snuggle, Suave, Sunsilk and Vaseline. All of the preceding brand names are registered trademarks of the Unilever Group of Companies. Dedicated to serving consumers and the communities where we live, work and play, Unilever in the United States employs approximately 13,000 people in more than 60 office and manufacturing sites in 24 states and Puerto Rico – generating nearly \$10 billion in sales in 2006. For more information, visit [www.unileverusa.com](http://www.unileverusa.com).

Unilever North American Ice Cream, headquartered in Green Bay, Wis., is the largest manufacturer and marketer of branded packaged ice cream and frozen novelties in the United States.

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