Berrydales no-cream ices: the healthier option: dairy free, low fat, low cholesterol, low calorie.

### **Contributors**

Berrydales (Firm)

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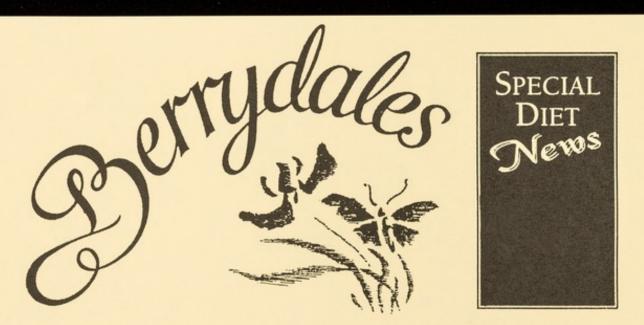
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Berrydales Special Diet News is an information packed quarterly magazine for anyone interested in special diets and healthy eating.

CONTENTS: The magazine includes an increasingly comprehensive listing of support & self help groups and supermarket nutritional services. Plus articles, recipes, a product directory, book section and readers letters.

CIRCULATION: Its 13,000 circulation includes dietitians, allergy clinics, alternative practitioners & natural health centres; school nurses; health food stores and restaurants; health clubs & farms; a substantial number of the general public and over 1,000 members of the press.

For more information call: Tel. 071 722 2866 Fax. 071 722 7685

Editorial: Michelle Berriedale-Johnson

Advertising: Annie Phillips

See over for details of Berrydales Special No-Cream Ices



# The Healthier Option

Dairy free ≈ Low fat ≈ Low cholesterol ≈ Low calorie



Berrydales Special No-Cream Ices are a deliciously refreshing cross between an ice cream and a sorbet. The ices are based on fresh, organic tofu and soya milk and use only the highest quality natural ingredients. They contain no additives, are dairy free, low in fat, cholesterol and calories, vegetarian and kosher.

Honey Vanilla, Maple & Walnut, Berry, Chocolate (totally vegan) and Ginger & Honey

INGREDIENTS: VANILLA: Organic soya milk & tofu; raw cane sugar, honey, lemon juice, natural vanilla essence CHOCOLATE: Organic soya milk & tofu; raw cane sugar, cocoa MAPLE: Organic soya milk & tofu; raw cane sugar, maple syrup, honey, lemon juice, walnuts GINGER: Organic soya milk & tofu; raw cane sugar, honey, crystallised ginger, lemon juice BERRY: Organic soya milk & tofu; honey, raspberries, blackcurrants

100ml (80p each/£2.99 for 4-pack); 500ml (£2.85); 2 litre (£9.75)
The ices can be bought in health food stores, delicatessens and selected supermarkets nationwide.

Please call us on 071 722 2866 for your nearest stockist.

See over for information on Berrydales' Special Diet News.