

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

Contributors

Berrydales (Firm)

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**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Berrydales



SPECIAL
DIET
News

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**

Berrydale House, 5, Lawn Road, London NW3 2XS

Tel. 071 722 2866 Fax. 071 722 7685

Berrydales

No-cream Ices



The Healthier Option

Dairy free \approx Low fat \approx
Low cholesterol \approx 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.**

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