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COLD STONE CREAMERY OFFERS LOWER CALORIE ICE CREAM OPTIONS

Healthier alternatives available for the diet-conscious ice cream lover

Scottsdale, Ariz. – (April 27, 2009) -- [Cold Stone Creamery](#) is best known for dishing up super-premium, indulgent ice cream Creations made-to-order. This year, in observance of the spring diet season and in anticipation of summer, it's time to recognize that there are many [lower calorie, reduced-fat selections](#) to be enjoyed at Cold Stone Creamery.

Specifically, Cold Stone Creamery offers two low calorie, reduced-fat ice cream options that can be substituted in any ice cream Creation, shake or cake. First is Cold Stone Creamery's Sinless Sans Fat Sweet Cream, containing 190 fewer calories and 20g less fat than a Like it size Sweet Cream ice cream. New to this year is low-fat Sinless Cake Batter ice cream, which is reduced in calories by 50% and 95% less fat than a Like it size, regular Cake Batter ice cream (available at participating locations). [Lastly, yogurt and sorbet alternatives](#) are also available at all Cold Stone locations across the country and at 140 to 160 calories. These fat-free sweet treats provide guilt-free satisfaction.

"The real beauty of Cold Stone Creamery is the ability to have ice cream the way you want it and that remains true for our healthy indulgences as well," commented Nola Krieg Cold Stone Creamery R&D Chef. "For the diet and health conscious guests looking to make healthier choices, we have a variety of tasty treats."

Looking to shed calories and fat from your favorite ice cream Creation or shake? We've done the math – here are the facts:

- Choose **Sinless Sweet Cream** in your favorite Creation to reduce the ice cream calorie count by 57% with zero grams of fat.
- Enjoy a Like It size serving of raspberry or lemon **sorbet** for 160 calories and zero grams of fat (also dairy-free).

- **Nrgize Lifestyle tart and tangy yogurt** is available in plain or berry and a Like It size serving can be enjoyed for a little as 140 calories and zero grams of fat.
- Swap out the regular ice cream in the Like it Oh Fudge Shake with the **Sinless Sweet Cream** for a treat that has 61% fewer calories and contains 97% less fat.
- Choose **fruit mix-ins** instead of candies. Swapping blueberries for Reese's Peanut Butter Cups will eliminate 180 calories.

Cold Stone Creamery

[Cold Stone Creamery](#) delivers *The Ultimate Ice Cream Experience* through a community of [franchisees](#) who are passionate about ice cream. The secret recipe for smooth and creamy ice cream is handcrafted fresh daily in each store, and then customized by combining a variety of mix-ins on a frozen granite stone. Headquartered in Scottsdale, Ariz., Cold Stone Creamery is part of the [Kahala](#) holding company, one of the fastest growing franchising companies in the world, with a portfolio of 12 quick service restaurant brands. Cold Stone Creamery alone operates 1,450 [locations](#) in 12 countries.

For more information about Cold Stone Creamery, visit the brand's Web site at www.coldstonecreamery.com. For more information about Kahala, visit the company's Web site at www.kahalacorp.com.

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