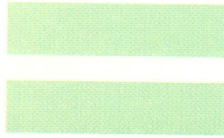




3 scoops rich ice cream (12 fl oz) **900** calories  
6 Tbsp chocolate syrup **240** calories  
2 Tbsp chopped nuts **190** calories  
2 Tbsp whipped cream **20** calories  
1 maraschino cherry **10** calories

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TOTAL **1,360** calories



4 ice milk or frozen yogurt sundaes,  
each containing 3 scoops nonfat ice milk, frozen  
yogurt, or nondairy substitute like light Tofutti (12 fl oz) **240** calories  
 $\frac{1}{2}$  cup mixed fruit **30** calories  
1 Tbsp chocolate syrup **40** calories  
2 Tbsp whipped cream **20** calories  
1 maraschino cherry **10** calories

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TOTAL **340** calories  
x 4 = **1,360** calories