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Arctic Zero: A frozen treat you can dive into (Photos)



Arctic Zero: A frozen treat to dive into (Gretchen M. Ashton, images provided by Arctic Zero)



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Arctic Zero Frozen Desserts

Rating:

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“My favorite way to enjoy Arctic Zero is to simply remove the lid and dive in with a spoon.

At only 150 calories a pint and 85 calories per bar, this high protein frozen dessert has less calories than most meal

replacement shakes. It is a great alternative from the powder and blender and actually can help divers stick to a nutrition program without feeling deprived. Eating well for scuba diving is not as much about cutting calories as it is about nutritional balance and fueling dive and fitness performance, but for divers looking to drop a few pounds of body fat or maintain a healthy composition, **Arctic Zero** is a great choice.

Arctic Zero uses natural and organic **ingredients** like monk fruit; "One of the sweetest melons in the world, monk fruit concentrate is 150 times sweeter than sugar and one gram replaces 40 teaspoons of sugar."

Pints are available in seven year-round flavors (chocolate, chocolate peanut butter, coffee, cookies and cream, mint chocolate cookie and strawberry) and seasonal favorites such as pumpkin spice. All pints are fat free, non-GMO, kosher, include 14 grams of whey protein, 8 grams of fiber, contain NO sugar alcohols, are suitable for lactose intolerant divers, and low glycemic which is particularly important for divers with diabetes.

Bars are available in chocolate, vanilla, strawberry and orange cream and have similar nutritional qualities, are not fat free like the pints; but have "70% fewer calories, fat and sugar than other frozen dessert bars".

The Arctic Zero community is found on **FaceBook** and Twitter, and the product has been featured on television shows like **Hungry Girl**, another ScubaFit® favorite.

It's no surprise that Arctic Zero can now be found in **stores** across the country or that like many health conscious products, it originated in southern California. Three of the top ten fittest cities in America are in California.

Dive in an enjoy!