Chocolate Ice Cream

By: Ben Brown

Some people say that Chocolate ice cream is better than Strawberry ice cream! I would say that is true! Chocolate ice cream to me is a dessert and strawberry ice cream is more like a fruit disguised as a dessert. I will prove that Chocolate ice cream is the most popular because it tastes better, it is healthier and is rated better than strawberry ice cream.

According to Yougov, chocolate ice cream is the most popular flavor. It is made with cocoa which gives it the best taste of all the ice cream flavors. Chocolate ice cream was one of the first ice cream flavors created. It was known to be a favorite of Thomas Jefferson. I don’t know of any famous person who chose strawberry as their favorite ice cream. Chocolate ice cream has simple ingredients but a delicious taste.

I also read that chocolate ice cream contains a lot of healthy things like vitamins and minerals. It is also known to have natural chemicals that can prevent cardiovascular disease and stroke. Some people are actually allergic to strawberries. It’s very rare that people are allergic to cocoa so chocolate ice cream would be a better choice for people that have food allergies. The cocoa powder gives chocolate ice cream its brown color, so it doesn’t need any artificial colors like some ice creams. Chocolate ice cream has less sugar since the cocoa gives it its sweet flavor. Strawberry ice cream needs more sugar since its only mixed with strawberries for flavor.

Yougov also did a study and showed that 96% of Americans eat ice cream and 14% chose chocolate as their favorite flavor of ice cream. According to the International Dairy Foods association, 1000 Americans were surveyed in 2022 and chose chocolate as their favorite. I conducted my own survey with family and friends, and they all chose Chocolate over Strawberry.

As you can see, chocolate wins as being a better choice for ice cream compared to strawberry ice cream. Chocolate ice cream makes people feel happy when eating it because it not only is delicious but good for you too. Chocolate ice cream has been voted as one of the top flavors because it is the best flavor of ice cream.