THESE ARE NOT JUST GREAT FOR SNACK DRESSING.
JACLYN REUTENS, DIETITIAN AT APTIMA NUTRITION &
SPORTS CONSULTANTS, SHOWS US WHY.

Organic Indulgence Organic Beetroot Dip

(\$9.95, Threesixty Market Place)
You get: Potassium and
antioxidants from beetroot
143 calories, 10.7g fat, 1.2g
saturated fat, 367mg sodium

Tzatziki Dip
(\$9.90, Jones the Grocer)
You get: Stomach-friendly
probiotics from yogurt
145 calories, 12.8g fat, 1.2g
saturated fat, 58mg sodium

3 La Mexicana Mild Salsa (\$13.25, Threesixty

Market Place)

You get: Anti-inflammatory phytochemicals from onions and peppers

33 calories, 0g fat, 0g saturated fat, 250mg sodium



LOOK AT THE LABEL For every 100g of dip, aim for less than:

- ✓ 250 calories
- 10g total fat
- 3g saturated fat
- 400mg sodium







You get: Cancer-fighting carotenoids from corn and the antioxidant lycopene from tomatoes

88 calories, 1.4g fat, 0.2 saturated fat, 286mg sodium



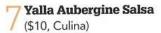
Frigo Fat-free Ricotta Cheese

(\$14.35, Paragon Market Place)
You get: Protein and calcium
from dairy
65 calories, 0g fat, 0g
saturated fat, 242mg sodium

Chris' Lite & Fresh Hommus

(\$6.10, Tanglin Market Place)
You get: Protein and folate

from chickpeas and cholesterol-lowering lignans from tahini (sesame paste) 175 calories, 8.8g fat, 1.4g saturated fat, 370mg sodium



You get: Anthocyanins from aubergine that block free-radical formation 81 calories, 5.9g fat, 1.4g saturated fat, 216mg sodium

