

# skinny dipping

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

**1 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**

**2 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**



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**4 Yalla Corn Salsa**  
(\$9.50, Culina)  
**You get:** Cancer-fighting carotenoids from corn and the antioxidant lycopene from tomatoes  
**88 calories, 1.4g fat, 0.2 saturated fat, 286mg sodium**

**5 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**

**6 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**

**7 Yalla Aubergine Salsa**  
(\$10, Culina)  
**You get:** Anthocyanins from aubergine that block free-radical formation  
**81 calories, 5.9g fat, 1.4g saturated fat, 216mg sodium**



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