



July 18, 2011

Mmm...
key lime

Easy summer treats

Fast-n-good suppers

THYROID DISCOVERY

Common hidden sources of fluoride are likely slowing down your gland. Great substitutes inside!

STRESS ENDERS

3 natural ways to boost DHEA, the master feel-good hormone



TOP 21 SUMMER CUTS

What's best for your face shape

15 SECRETS YOUR OB-GYN WON'T TELL YOU

THIS NATURAL COMPOUND

MAKES FAT CELLS SELF-DESTRUCT

HEALTH NEWS

- ✓ Headaches
- ✓ GI distress
- ✓ Cellulite

Harness the power of *capsaicin* to lose 100+ lbs without dieting. Proven formula + delicious recipes



Michelle lost 63 lbs!

You deserve a break!

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Issue 1129



snack spy

nutrition

Cool, creamy dips without all the fat

We're staying slim with these "skinny" dips

We admit it: In an effort to get more veggies into our daily diet, we like to lace them in creamy goodness. The problem? Some of our go-to dips are laden with saturated fats that threaten to sabotage all the hard work we've put into trimming our tummies for the summer. What's more, saturated fats have been shown to disrupt blood sugar levels, raise cholesterol levels and increase the risk of diabetes. We're not down with that, so we dove into the dip aisle and came up with body-friendly finds that will keep us satisfied *and* slim. Pass the broccoli, please!



IF YOU LOVE SPINACH & ARTICHOKE...

Spinach and artichoke...sounds healthy, right? But we felt duped when we realized the first two ingredients in the tub we picked up at the deli were mayo and sour cream—two sat-fat offenders. Plus, we discovered that most of the ready-made dips at supermarket delis also contained MSG and its derivatives, which have been shown to trick the brain into eating more. Luckily, a little more searching led us to Ciolo Spinach Artichoke Dip (\$6 for 7 oz., at Whole Foods Market stores). Spinach and artichokes are the first ingredients, and it contains less than half the calories and fat of the deli stuff (just 2.5 grams per serving).

SKIP IT!



Deli-made spinach artichoke dip

PICK IT!



Ciolo Spinach Artichoke Dip

IF YOU LOVE NACHO CHEESE...

Nothing says fiesta like salsa con queso. But we weren't in the mood to celebrate when a scan of the label of our go-to brand revealed 6 grams of fat, including artery-clogging partially hydrogenated oils. To top it off, the queso wasn't even 100 percent real cheese! So we said adios. Our new pick: Salpica Jalapeño Jack Queso dip (\$5 for 16 oz., at most supermarkets). It's made with real Cheddar and Monterey Jack cheese and has double the flavor, thanks to jalapeños, green chiles and tons of spice. In fact, it's so tasty that we never would have suspected it's nearly fat-free and has only 15 calories per serving. Olé!

SKIP IT!



Wholly Queso Classic

PICK IT!



Salpica Jalapeño Jack Queso Dip

IF YOU LOVE RANCH...

This classic topping ups the yum (and comfort) factor of just about everything. But after learning our fave had 14 grams of fat per serving, we knew we had to leave it behind. But give up ranch completely? No way! Since most light and fat-free versions don't stack up in flavor, we set out to make our own. We paired Simply Organic Ranch Dip Mix (\$2 per 1.5 oz. packet, at SimplyOrganicFoods.com and health-food stores) with 2 cups of nonfat Greek yogurt for a thick, creamy buttermilk taste with zero fat and no artificial preservatives. Bonus: Greek yogurt is packed with energy-revving protein.

SKIP IT!



Hidden Valley Ranch Dressing

PICK IT!



Simply Organic Ranch Dip Mix (with yogurt)

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