


# Dip Dip, Hooray!

Whether it's a backyard BBQ, graduation party, or summer picnic, there's one food you're almost guaranteed to find: dip. Whether it's served with sliced vegetables, potato chips, pretzels, or pita chips—dip is a “must have” menu item for getting a summer party started. And thanks to the varieties of dips at supermarkets, it's an incredibly easy addition to your menu.

However, all dips are not created equal. They range from vegetable-heavy, fat-free salsas to cheesy, creamy concoctions with upwards of 10 grams (g) of fat and 5 g of saturated fat per serving. Fortunately, there are many options that fit into a healthy eating plan, allowing you to have your carrot stick or pita chip—and eat it (with dip), too.

**Helpful hints.** A little bit of dip can help enhance the flavor of a simple chip or veggie stick. Follow these suggestions to help you stay within your healthy eating guidelines.

- **Don't be heavy handed.** The standard serving size for dips is two tablespoons. While it's an adequate amount to satisfy, it's easy to go overboard and double—or even triple—your portions, increasing the amount of calories, saturated fat and sodium. Instead of repeatedly dipping into the serving bowl, spoon out your portion onto a plate to help control your intake.
- **Check the ingredients.** Many dips are made with all-natural, real food ingredients, but a few include additives, such as monosodium glutamate (a flavor additive), cultured dextrose (a preservative), and carrageenan (a thickening agent). Be sure to read the ingredient list to be sure you're not getting more than you expect.
- **Watch the sodium.** There are many dips that contain only small amounts of sodium. However, there are several with nearly as much sodium as a medium-sized order of fast food French fries. Check the nutrition facts label to look for healthier levels of sodium (no more than 180 milligrams per serving).
- **DIY.** Grocery stores are packed with various dips, but you can make a healthy version on your own. Try mixing one-half cup of nonfat Greek yogurt with one-half cup reduced fat mayonnaise, chopped scallions, and a sprinkle of garlic powder. Stir in roasted red peppers, chopped (thawed, drained) frozen spinach and herbs, as desired. 

—Heidi McIndoo, M.S., R.D.



## Dips: A Nutrition Comparison

As with all EN comparisons, this is only a sampling of what's available. Products are listed alphabetically.

✓ = **EN's Picks.** Salsa and hummus picks contain no more than 50 calories (3% DV), 2.5 g fat (4% DV), 1 g saturated fat (5% DV) and 150 mg sodium (6% DV). Creamy and other picks contain no more than 80 calories (4% DV), 5 g fat (8% DV), 2 g saturated fat (10% DV), and 180 mg sodium (8% DV). All picks contain no artificial ingredients.



Dips	Calories	Fat (g)	Sat Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Protein (g)
<b>SALSA</b>							
✓ On the Border Salsa, Mild	10	0	0	140	2	0	0
Pace Chunky Salsa, Mild	10	0	0	230	3	1	0
Tostitos Chunky Salsa, Medium	10	0	0	250	2	<1	0
✓ Tostitos Simply Natural Pineapple Peach Salsa	20	0	0	130	4	<1	0
✓ Trader José's Black Bean and Roasted Corn Salsa	30	1	0	30	4	1	1
✓ Trader José's Fresh Salsa, Mild	10	0	0	45	2	<1	0
<b>HUMMUS</b>							
Cedars Hommus Garden Vegetable	60	3.5	0	90	5	1	2
✓ Cedars Hommus Roasted Garlic & Chive	40	1.5	0	100	5	1	2
Cedars Hommus Wasabi	70	0.5	0	85	5	1	2
Good Neighbors Artichoke Spinach Hummus	70	4	0	105	5	1	2
✓ Good Neighbors Cilantro Jalapeno Hummus	50	2.5	0	65	5	2	2
✓ Good Neighbors Original Hummus	50	2.5	0	65	5	2	2
✓ Good Neighbors Spicy Chipotle Hummus	50	2.5	0	65	5	2	2
✓ Good Neighbors Sweet Red Pepper Hummus	50	2.5	0	65	5	2	2
Trader Joe's Edamame Hummus	90	8	1	90	3	<1	2
Trader Joe's Smooth & Creamy Classic Hummus	80	5	0.5	140	6	2	2
Trader Joe's Tuscan White Bean Hummus	70	4.5	0	160	5	2	2
✓ Trader José's Guacamole Hummus	50	2.5	0	90	5	2	2
Whole Foods Olive Hummus	70	6	0.5	150	4	1	2
Whole Foods Roasted Red Pepper Hummus	70	6	0.5	140	4	1	2
<b>CREAMY</b>							
Cabot Bac'n Horseradish Sour Cream Dip	50	5	3	190	1	0	1
✓ Cedars Tzatziki	30	2	1	100	2	0	2
✓ Cindy's Kitchen Artichoke & Parmesan	70	5	2	140	2	1	4
Cindy's Kitchen Caramelized Onion Dip	60	6	0	114	3	0	1
Cindy's Kitchen Peppercorn & Parmesan	130	10	1	210	4	0	1
✓ Cindy's Kitchen Non Fat Yogurt, Cucumber & Fresh Dill	25	0	0	130	4	0	1
Heluva Good Bacon Ranch	60	4.5	3	140	2	0	1
Heluva Good Buffalo Wing	50	4.5	3	250	2	0	1
Heluva Good French Onion	50	4.5	3	160	2	0	1
Lays French Onion Dip	60	5	0.5	210	2	0	<1
Tostitos Creamy Spinach	50	4	0	200	2	<1	<1
Trader Joe's Bacon Cheddar Ranch	90	8	4	210	2	0	2
Trader Joe's Blue Cheese Roasted Pecan	110	10	4.5	220	2	0	3
Trader Joe's Smoked Salmon Dip with Capers	120	11	4	160	3	0	3
✓ Trader Joe's Reduced Guilt Spinach & Kale Greek Yogurt	30	2.5	0	150	2	1	1
✓ Trader Joe's Tzatziki	30	2	1	65	2	0	1
<b>OTHER</b>							
✓ Cindy's Kitchen Fire Roasted Red Pepper & Goat Cheese	30	3	0	180	2	0	0
On the Border Creamy Monterey Jack	45	3	1	260	4	0	1
Tostitos Salsa con Queso	40	2.5	1	280	5	<1	<1
✓ Trader José's 5 Layer Fiesta Dip	50	3.5	1.5	90	3	0	2
✓ Trader José's Avocado's Number Guacamole	60	5	1	90	3	2	1

Note: pkg=package, g=gram, mg=milligram, sat fat=saturated fat, carb=carbohydrates, DV=Daily Value, Daily requirement based on 2,000 calorie/day diet. Source: food labels.