



## Orange Fruit Dip

Serving Size: 2 Tbs.

Before

90 Calories

6 g fat (60% fat)

After

40 Calories

0 g fat (0% fat)

Trick: fat-free cream cheese, non-fat yogurt, non-fat whipped cream

Saves you: 50 Calories/day    18,250 Calories/year    5.2 lbs. body fat

Small things matter!

Recipe available: [www.eatbetteramerica.com](http://www.eatbetteramerica.com)



## Be Well Carrot Cake Cookies

Serving Size: 2 small

Before

200 Calories

8.4 g fat (38% fat)

0 g fiber

After

84 Calories

2.4 g fat (26% fat)

1 g fiber

Trick: egg white replaces yolk, applesauce replaces some butter, add bran

Saves you: 116 Calories/day    42,340 Calories/year    12 lbs. body fat

Small things matter!

Recipe available: [www.usu.edu/wellness](http://www.usu.edu/wellness)





## Artichoke and Green Chili Dip

Serving Size: 2 Tbs

Before

88 Calories

9 g fat (95% fat)

After

26 Calories

.4 g fat (30% fat)

Trick: fat-free mayonnaise, non-fat yogurt, less cheese, nonstick cooking spray  
Saves you: 62 Calories/day      22,630 Calories/year      6.4 lbs. body fat

Small things matter!

Recipe available: [www.myrecipes.com](http://www.myrecipes.com)



## Garlic, Sun-Dried Tomato, & White Bean Dip

Serving Size: 2 ounces

Before

120 Calories

5.2 g fat (40% fat)

1 g fiber

After

68 Calories

1.4 g fat (20% fat)

3.2 g fiber

Trick: use ½ the olive oil, add beans for fiber, serve on *Rye Krisp* crackers  
Saves you: 52 Calories/day      18,980 Calories/year      5.4 lbs. body fat

Small things matter!

Recipe available: [www.myrecipes.com](http://www.myrecipes.com)





## Steamed Potstickers

Serving Size: 3

Before (Fried)

195 Calories

10.5 g fat (46% fat)

After (Steamed)

125 Calories

2 g fat (14% fat)

Trick: steam instead of fry  
Saves you: 70 Calories/day

25,550 Calories/year    7.3 lbs. body fat

Small things matter!



## Zesty Ranch Dip

Serving Size: 2 Tbs

Before

150 Calories

16 g fat (96% fat)

After

50 Calories

0 g fat (0% fat)

Trick: open the non-fat Ranch dressing bottle  
Saves you: 100 Calories/day    36,500 Calories/yr

10.4 lbs. body fat

Small things matter!

