

# Dip at Your Desk



Many people associate snacking with gaining weight. In fact, you can actually lose weight while snacking! Eating every 4 to 6 hours can help keep hunger in check resulting in eating less therefore consuming fewer calories.

Which option would you choose?

	Calories	Grams of Fat
Real Sour Cream	274	28
Low Fat Sour Cream	191	17
Real Mayonnaise	553	47
Fat Free Mayonnaise	99	3.8
Oikos Plain Greek Yogurt*	92	0.3

Nutritional breakdown is for a 5 oz serving

\* Oikos Plain Greek Yogurt nutritional breakdown is for a 5.3 oz serving

True or False...

Snacking late at night can cause you to gain weight?

False. A calorie is a calorie no matter when you eat. However, it is important to be conscious of what you are eating and how much you are eating. Eating high fat high calorie foods can cause you to gain weight no matter if they are eaten in the middle of the day or at night.

## Italian Roasted Red Pepper Dip

Portion Size: 1 each

### Ingredients:

Oikos Greek Plain Yogurt, 5.3 oz	1 ea
Red Peppers, diced & drained	2 tsp
Parmesan Cheese, grated	1/8 tsp
Garlic Powder	1/4 tsp
Oregano, Ground	1/4 tsp
Rosemary, Ground	1/4 tsp

### Method:

Open the yogurt container. Add remaining ingredients and mix well. For best results, refrigerate for 30 minutes prior to serving. This dip pairs well with pretzels or baked pita chips. Enjoy!

Calories: 99 Fat: 0.5gm Sodium: 148.9mg

Dips are a popular snack. Whether you are at a party, enjoying an appetizer or looking for a snack at work, dips are a convenient way to get a little crunch and creamy in. Surprisingly, dips can have a lot of calories. Try making your dip with lower fat options. Use low fat or fat free yogurt, Greek yogurt, sour cream, or mayonnaise instead of the high fat varieties.

## Creamy Cinnamon Dip

Portion Size: 1 each

### Ingredients:

Oikos Greek Vanilla Yogurt, 5.3 oz	1 ea
Light Brown Sugar	1 tsp
Ground Cinnamon	1/4 tsp

### Method:

Open the yogurt container. Add the brown sugar and cinnamon. Mix well. For best results, refrigerate for 30 minutes prior to serving. This dip pairs well with fruit. Enjoy!

Calories: 129 Fat: .3gm Sodium: 59mg