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## 3 Dip Recipes for Weight Loss

in WEIGHT LOSS on 01/12/22



By Rima Kleiner, MS, RD

Here are three easy dip recipes to try while on a weight loss plan that is high in protein or dietary fiber to help you feel fuller for longer. Protein helps increase fullness because it impacts satiety hormones, like ghrelin. Fiber helps us feel full because it provides bulk. So, reach for high-protein foods like fish and shellfish and fiber-rich foods like vegetables, fruits, and whole grains to help you feel nourished and satisfied for longer.

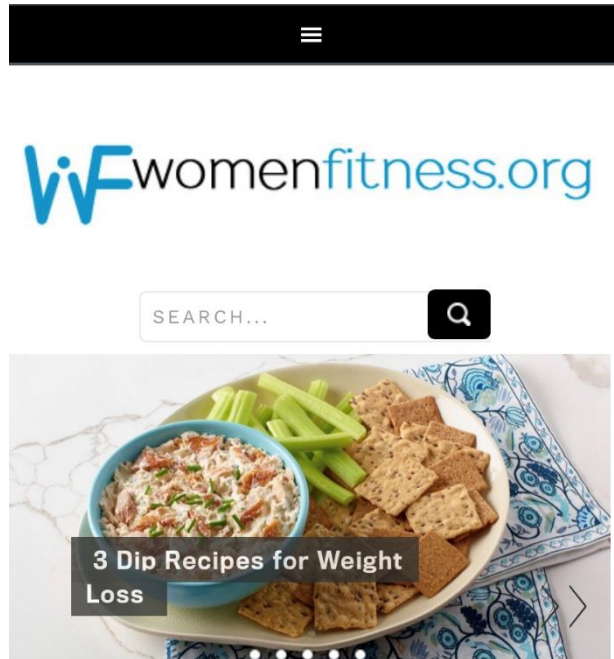
## 3 Dips for Fish Lovers

### Smoked Salmon Dip



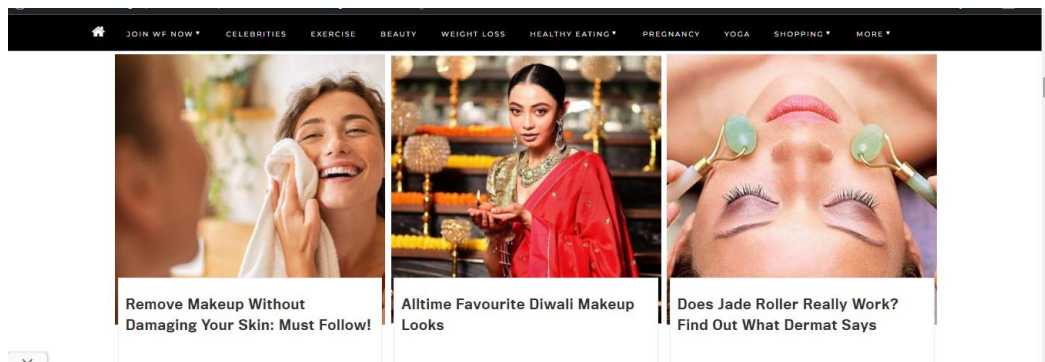
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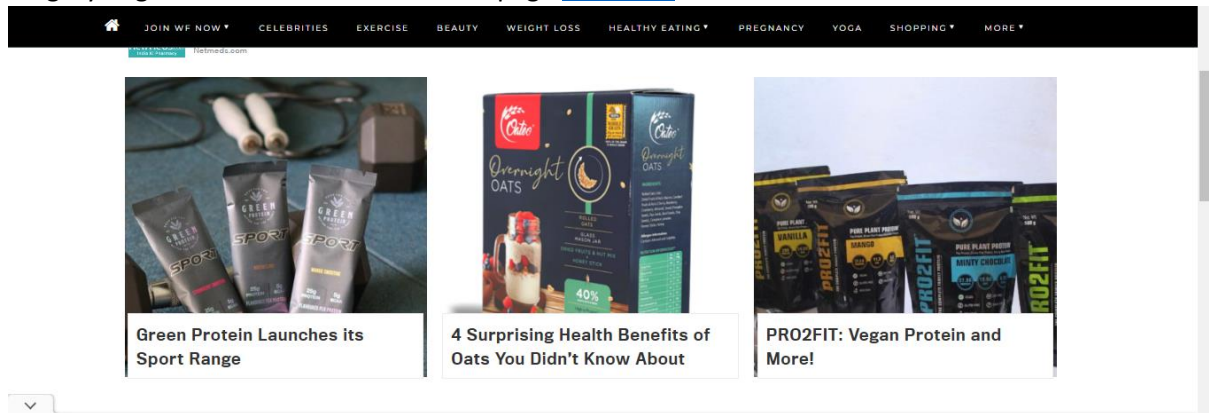
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An advertisement banner for Women Fitness. At the top, there's a navigation bar with 'JOIN WF NOW', 'CELEBRITIES', 'EXERCISE', 'BEAUTY', 'Ad Health', 'WEIGHT LOSS', 'HEALTHY EATING', 'PREGNANCY', and 'YOGA'. The main content area features three columns of promotional text and images. The first column shows a cup of tea and cinnamon sticks with the text 'While fasting for Navratri, flavored teas by Octavius Tea are the perfect pick-me-up'. The second column shows a hand holding a tube of 'NAMYA NATURAL SUGAR LIP SERUM' with the text 'Namyaa - Refresh Your Skin &amp; Beauty with Natural, Organic Products'. The third column shows a bottle of 'CHARMIS VITAMIN C FACE SERUM' with the text 'Have you Stepped Serum yet?'. A central overlay text reads 'FOR BRAND FEATURES contact us now www.womenfitness.org' with a 'SUBSCRIBE' button and a notification bell icon.