

# SHAPE YOUR LIFE SHADE

## Best Dressed

Mayo, ketchup, and cream cheese are America's go-to toppers, but they're not exactly nutritional heroes. That's why we were thrilled to discover these healthy and tasty new versions.



### Sir Kensington's Gourmet Scooping Mayonnaise

(90 calories, 10g fat per  
1-tablespoon serving)

Black pepper and mustard seeds add a kick to this sunflower oil-based mayo, which has 33 percent less saturated fat than the soybean oil-based original.

(\$7 for 10 oz;  
[sirkensingtons.com](http://sirkensingtons.com))



### Traina California Sun Dried Tomato Ketchup

(20 calories, 0g fat per  
1-tablespoon serving)

This grown-up variation on the standard has 20 percent less sugar (just 3 grams per serving). And each bottle contains more than 4 pounds of tomatoes.

(\$5 for 16 oz;  
[trainafoods.com](http://trainafoods.com))



### Green Mountain Farms Greek Cream Cheese

(60 calories, 3g fat per  
2-tablespoon serving)

With twice the protein and half the fat of a regular schmear, this tangy mix of cream cheese and Greek yogurt is delicious on bagels or as a base for your favorite dips.

(\$3 for 8 oz;  
[franklinfoods.com](http://franklinfoods.com))