

12 Ways to Eat Salsa Without Chips

Enjoy Your Delicious Salsa With
These Healthy Alternatives



Hunter Grindle



1. Fennel Anise Bulbs

These watery bulbs make a great replacement for chips when it comes to enjoying some delicious salsa. They are low in calories, high in potassium, and high in folic acid, which helps maintain healthy blood and a healthy immune system. Their texture is crunchy, and slightly sweet, so this isn't just a healthy alternative... it's a tasty one too !



2. Belgium Endive Leaves

Crunchy with a slightly bitter taste, endive leaves are a very low-calorie alternative that is a great source of B-Complex Vitamins as well as minerals.



3. Carrots

Although carrots are crunchy and healthier than chips, these aren't the best tasting with salsa in my opinion. However, they are extremely cheap and quick to grab, so that is why carrots made the list.

4. Slices of Bell Peppers

Bell Peppers, with their tangy taste and crunchy texture, are an excellent alternative to chips. They contain high amounts of phytonutrients, which help fight off free radicals. Green and purple peppers tend to be more bitter than red, orange and yellows, which can be sweet and even fruity.



5. Sliced Chicken

Imagine a chicken quesadilla without the tortilla. That's what you're getting with this option (my personal favorite). Chicken is one of the leanest meat sources out there, and packs a lot of protein to help maintain muscle mass and curb your appetite! Although it's higher in calories than the other options, it is made up by its high nutrition value!



6. Romaine

Surprisingly enough, romaine is 17% protein, contains more Vitamin A than a carrot, and provides calcium as well as Vitamin K.

The closer to the stalk you get, the crisper the lettuce is and makes for a much better “chip”.





7. Celery

Celery is a perfect dipper for your salsa, and is extremely accessible and easy to carry around.

It's naturally low in calories, and is extremely high in fiber. Because of this, it makes you feel full faster, which will really help you fight cravings later in the day and help you cut back on excessive snacking and eating.

Fun Fact* - Celery is 95% Water



8. Raw Sliced Jicama

Also known as a yam bean, this tuber can be eaten raw or cooked. I've never tried this one, but some say it's fruity and refreshing!

For a tuber, it's relatively low calories, and is one of the best sources of fiber out there.

It doesn't metabolize inside the human body due to inulin, which makes this turnip-like root great for diabetics who are looking for a sweet snack with their salsa!



9. Water Chestnuts

Water chestnuts have slightly sweet flavor with a crunchy texture. A low-carbohydrate option filled with a variety of vitamins and minerals, water chestnuts may be a good option... although I wonder how well they mix

with salsa.

10. Artichoke leaves

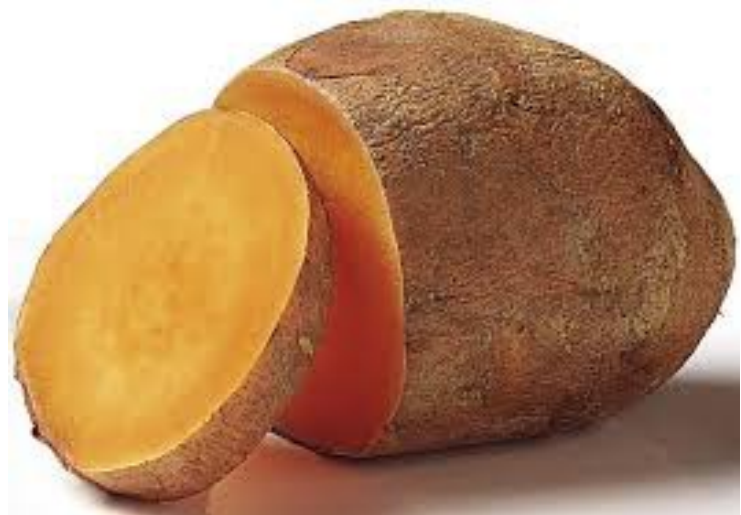
A great source of Vitamin K and Folic Acid, artichoke leaves may be an interesting choice to mix with your salsa... but worth a try!

Artichoke leaves have a slightly tangy taste to them, as well as a nutty, earthy taste.



11. Yam Slices

Yams are crunchy, and a very good source of energy and carbohydrate. Along with these noteworthy benefits, there is a fair amount of fiber in them. However, the decoction within the yam will stimulate appetite... so if you're looking cut out your cravings, this may not be the best option for you.



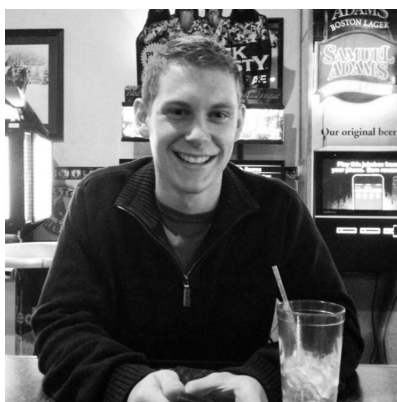
12. Zucchini Slices

Zucchini, a fruit (not a veggie!) has been known for it's weight loss properties.

You can eat these raw or cooked, but with salsa, they may be better raw!

It's an excellent source of dietary fiber, manganese, and Vitamin C.





About the Author:

Hunter Grindle, Owner and Head Trainer of Hybrid Fitness Systems, runs a private training studio out of Owls Head, Maine. He specializes in helping women lose weight using sustainable, up to date, safe methods. His unique training philosophy includes the combination of High-Intensity Interval Training and Strength Training. You can find more on his training programs at:

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