Body Fat Percentage. 5 Simple Steps to Lose Belly Fat. HealthStatus Team100. Any goal worth achieving requires some degree of focused effort. The HealthStatus editorial team has continued that commitment to excellence by providing our visitors with easy to understand high quality health content for many years. Our team of health professionals, and researchers use peer reviewed studies as source elements in our articles. Our high quality content has been featured in a number of leading websites, USA Today, the Chicago Tribune, Live Strong, GQ, and many more. Follow us. Latest posts by HealthStatus Team (see all). Comment: This book is in good condition with some minor wear to the spine and/or cover. Damaged cover. The cover is slightly damaged for instance a torn or bent corner. To calculate the overall star rating and percentage breakdown by star, we don’t use a simple average. Instead, our system considers things like how recent a review is and if the reviewer bought the item on Amazon. It also analyzes reviews to verify trustworthiness. WW Freestyle Recipes: Easy, healthy, low fat, low calorie, vegan version of classic basil pesto, 28 calories, 1 SmartPoint. WW Recipe of the Day: Simple Low Fat Vegan Basil Pesto (35 calories | 1 1 1 myWW *SmartPoints value per serving). Pesto, which simply means paste, is native to Italy and came thundering in to our culture several decades ago. For a while it was all the rage with variations from cilantro-walnut to tomato to various nut pestos. This step is important as it brings out the oil in the nuts. Since you’re only using 1 tablespoon of olive oil, go for the best quality you can find and make certain it is extra-virgin. Simple Basil Pesto Serving Suggestions.