

# Asian-Inspired Healthy Snacks

Let your snacking take a cue from these nutrient-dense foods.

**1 Edamame** are soybean pods. Buy a bag of them shelled and frozen. While edamame can never be eaten raw, they defrost and cook quickly. One cup of edamame (in their shell) has 12g protein, 6g fiber, and is a good source of iron.



**2 Rice cakes** of all sorts have been enjoyed for centuries throughout Asia. While the puffed brown rice cakes found in most grocery stores differ from the soft Asian varieties, they are great whole grain building blocks for snacks. Dress them up by adding a nut butter and a sprinkle of cinnamon.



**3 Fruit** is the perfect way to satisfy your sweet tooth. Try fresh fruits like apples, oranges, mangoes and pears. If there's an Asian market nearby, look for fruits like lychees, kumquats, rambutans, longans, or persimmons. Unsweetened dried or frozen fruit, or fruit canned in water can also be healthy, affordable options.



**4 Dried seaweed** is a popular packaged snack food. If you eat sushi, you've likely had nori (a type of seaweed). Try roasting nori sheets for a crispy snack. Similar to greens like kale and spinach, seaweed is nutritionally dense and low in calories.



**5 Vegetables** like carrots, bell peppers, cucumbers, radishes, and snap peas are a great way to keep yourself satisfied throughout the day. Fresh vegetables contain fiber and essential vitamins and minerals. For added flavor, dip them in a ginger or miso dressing or a peanut sauce.



**6 Brothy soups** are common throughout Asia. Sometimes, our bodies mistake thirst for hunger, so staying adequately hydrated throughout the day is an important weight-management strategy. A simple miso soup is a satisfying way to quench the craving for something savory while upping your hydration. Choose low-sodium broths and soups.

