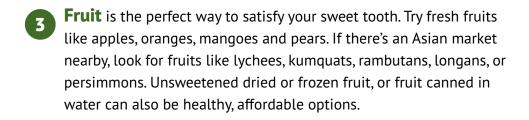


Asian-Inspired Healthy Snacks

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

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.





- **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.
- 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.
- **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.













