



If you're trying to lose weight, limit yourself to just one tasty snack a day.

SNACKS ▲

1 Edamame

$\frac{3}{4}$ cup edamame in pods (boiled or steamed).
134 calories; 6 g fat (5 g sat.);
3 g fiber

2 Chocolate-Covered Strawberries

5 large strawberries dunked into 4 melted dark-chocolate kisses.
157 calories; 7 g fat (4.5 g sat.);
3 g fiber

3 Peach Smoothie

Smoothie made with $\frac{1}{2}$ cup fat-free milk, $\frac{1}{2}$ cup nonfat vanilla yogurt, $\frac{1}{2}$ cup frozen peaches, $\frac{1}{2}$ banana and 1

tablespoon ground flaxseed.
180 calories; 1 g fat (0 g sat.);
6 g fiber

4 Apple & Almond Butter

1 medium apple, sliced, spread with 1 tablespoon almond butter.
180 calories; 8 g fat (5 g sat.);
6 g fiber

5 Brown-Bag Popcorn

Mix 2 tablespoons popcorn kernels, 1 teaspoon canola oil and a dash of salt in a small bowl. Place mixture in a brown paper lunch bag and fold down twice. Cook in microwave on high 2-3

minutes, until there are a few seconds between pops. Makes about 4 cups.
126 calories; 6 g fat (0 g sat.);
4 g fiber

On the Go:

6 Greek Yogurt

One 6-ounce cup Greek yogurt (such as Chobani), any fruit flavor.
140 calories; 0 g fat (0 g sat.);
0 g fiber

7 Cocoa Almonds

1 ounce Emerald Cocoa Roast Almonds.
150 calories; 13 g fat (1 g sat.);
3 g fiber

» No matter how wisely you choose processed or **restaurant food**, it usually still packs more sodium than home-cooked meals. So balance it out: If you have a frozen entrée or takeout for lunch, plan to make dinner at home.

» Though nuts are heart-healthy, they're high in fat—so measure! **One serving (1 ounce)** is about the amount that fits in a single layer on your palm.