

10 Superfood Snacks

When you need an afternoon bite, why not grab one with benefits? These 10 faves pack a healthy punch and taste delicious too. By Joyce Hendley



Pomegranate Seeds OK, technically called arils. Eat 'em like popcorn and get lots of inflammation-fighting polyphenols in every refreshingly tart-sweet handful. Look for them in the ready-to-eat produce section. **72 calories per ½ cup**



Manitoba Harvest Hemp Heart Bites Chocolate These nuggets made with shelled hemp seeds are the definition of superfood: loaded with protein and iron (25 percent DV) and heart-healthy fats. Not to mention a crunchy chocolate fix. **230 calories per 10 pieces**



Wholly Avocado Minis. Use these 2-oz. mini cups as a guac-alicious dip to turn dunkable vegetables like baby carrots and mini bell peppers into a satisfying snack. Bonus: heart-friendly mono fats and 2 grams of fiber. **120 calories per 2-oz. mini cup**



Lifeway Plain Lowfat Kefir Fermented dairy products like yogurt and kefir pack plenty of gut-friendly probiotics and are great sources of calcium (30 percent DV). Because it's drinkable, kefir is a perfect grab-and-go snack. **110 calories per 8-oz. bottle**



Rhythm SuperFoods Kale Chips Original Cruciferous, green and leafy, kale ticks so many nutrition boxes, with antioxidants and fiber in spades. These are almost as tasty as homemade and deliver 3 grams of fiber and 25 percent of the DV for vitamin A. **130 calories per 1 oz.**



Egg.

D'oh! Of course. Hard-boiled, this is the original portable snack, loaded with 6 grams of protein, lutein and zeaxanthin for eye health, and hard-to-find choline (27 percent DV). **70 calories per large egg**



Saffron Road Crunchy Chickpeas, Bombay Spice Roasting turns chickpeas crunchily snack-worthy. Boasting 5 grams of fiber and 6 of protein, they're made with healthy sunflower and/or canola oil and just a touch of salt (150 mg sodium). **130 calories per ¼ cup**



Unsalted Dry-Roasted Peanuts Just about any nut has superfood cred, but peanuts (technically legumes) are the most protein-filled of the lot—7 grams—and loaded with heart-friendly monounsaturated fat and phytosterols. **160 calories per 1 oz. (about ¼ cup shelled)**



Mush Overnight Oats, Apple Crisp Flavor Whole-grain by nature, oats are famously rich in cholesterol-lowering soluble fiber. Here, they're snackable hot or cold, softened in almond milk and slightly sweetened with dried cranberries—tastily boosting fiber to 7 grams. **280 calories per 1-cup pod**



Frozen Edamame Pods These beans have a whopping 10 grams of plant protein per ½ cup—and more fill-you-up fiber than a bran muffin (6 grams). And the pods are just too fun to open and eat! **100 calories per ½ cup**