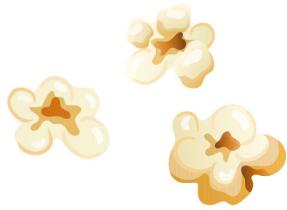


Snacks To Go

As a thank-you for your interest in the Weight Loss After 50 Challenge, here's a list of some nutritious and delicious portable snacks that may help you achieve your healthy eating goals. Take the challenge for more guides with trackers that encourage you to make small changes for health and wellness.



Air-popped popcorn

Popcorn is a whole grain food that's high in fiber and several important nutrients. The supermarket snack aisle should have several kinds from which to choose.



Pumpkin seeds

Perfect for a quick snack and high in protein and antioxidants.



Seaweed crackers

Crunchy, fat-free, seasoned rice crackers containing seaweed are a healthy alternative to chips.



Edamame

Young soybeans still in the pod, this sushi restaurant favorite is sold in many stores precooked or frozen. Edamame is high in protein, vitamins and minerals, including vitamin K and folate.



Nuts

A handful of almonds or another type of nut provides a good amount of protein plus vitamins and healthy fats.

Click [here](#) to take the Weight Loss After 50 Challenge

This challenge takes you step-by-step through the latest science on nutrition and aging and how to make small changes for health and wellness.

The challenge is based on AARP's new best-selling book, *The Whole Body Reset*.

Please consult with your healthcare provider before adopting new health practices or physical fitness routines.