

# Make Your Own Trail Mix!

## WHAT'S INSIDE?

### Dried Fruit

#### Apples, cranberries, raisins, apricots

Dried fruit is a fun trail mix ingredient, packing in fiber, and antioxidants that prevent disease!



### Nuts and Seeds

#### Almonds, Walnuts, Cashews, Pumpkin Seeds, Sunflower seeds

Nuts and seeds are the base of trail mix! They are healthy fat sources (monounsaturated and polyunsaturated). They also include protein, fiber, vitamins, minerals, and antioxidants.

### Popcorn

#### Popcorn and Puffed Rice

Popcorn and puffed rice are great whole grain sources to add to trail mix! They are packed with fiber and polyphenols.



### Granola/Cereal

#### Whole Grain Granola and Chex Cereal

Whole grain granola and chex cereal are great additions to trail mix. Cereals are fortified with vitamins and minerals!

### Chocolate

#### M&Ms and Chocolate Chips

Chocolate can be a fun sweet addition to trail mix! Though it is a sugary treat, dark chocolate is filled with antioxidants like flavonoids that can benefit your health.

