

Make Your Own Trail Mix!

WHAT'S INSIDE?

Dried Fruit

Apples, cranberries, rasins, apricots

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



Nuts and Seeds

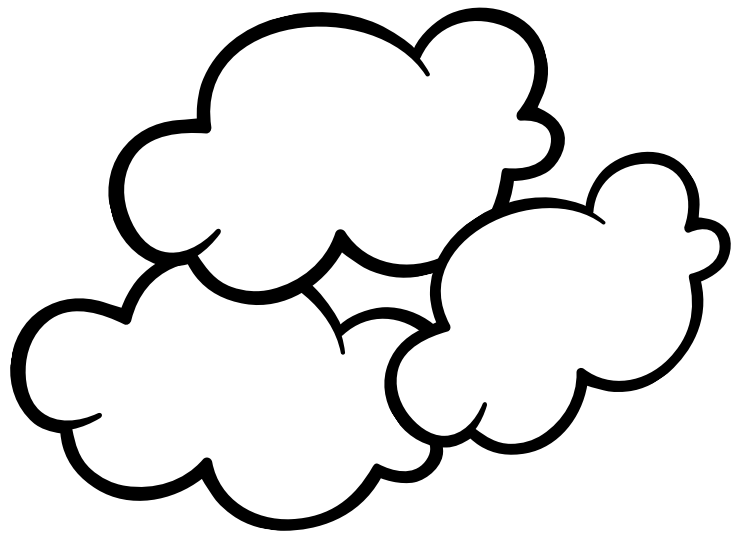
Almonds, Walnuts, Cashews, Pumpkin Seeds, Sunflower seeds

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.

