

Trail Mix

Here are some ideas to choose from to make your own trail mix. Choose one item from each list. Be careful not to load your trail mix with sodium or sugar!

Nuts

- ★ Almonds
- ★ Pistachios
- ★ Cashews
- ★ Peanuts
- ★ Walnuts

Seeds

- ★ Sunflower
- ★ Pumpkin
- ★ Flax
- ★ Hemp

Dried Fruit

- ★ Raisins
- ★ Cherries
- ★ Cranberries
- ★ Apricots
- ★ Banana chips
- ★ Dates

Low-sodium Carbohydrates

- ★ Pretzels
- ★ Whole-grain cereals like Cheerios or Chex
- ★ Whole-wheat crackers
- ★ Granola

Something Sweet - Use Sparingly!

- ★ Chocolate chips
- ★ White chocolate chips
- ★ Butterscotch chips
- ★ Yogurt-covered raisins
- ★ Mini marshmallows