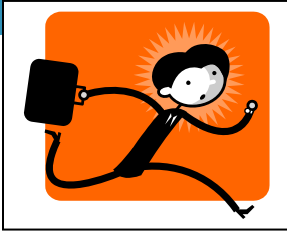


Make-Your-Own Trailmix:

A new spin on an old idea...



For a snack, many of us tend to grab convenience foods because we are in a hurry, extremely hungry or just need a pick-

me up. Making your own snack mix is a much healthier and more satisfying option. You can prepare one or many bags in advance, and leave them at home in the pantry for snacks, pack them in your purse or backpack, or throw one in the car for when you are running errands or on trips. Trail mixes are a simple way to control your portion sizes and are easy on the budget. Another advantage is that you know exactly what you are eating; you are in control!

Some pointers:

1. Remember to add some protein (in moderation) in the form of cashews, peanuts, soy nuts, etc to help stave off hunger and provide a more balanced snack.
2. Use whole grain carbohydrates; i.e. a cereal that is adequate in fiber containing at least 3 grams per serving or more. Remember, the goal for most Americans is 25-30 grams of fiber daily.
3. Try your best to avoid high salt or high fat snacks, but on the other hand, adding in a teaspoon or two of sweetened cereal, chocolate chips, or marshmallows will help make the snack mix more palatable and will help keep you away from that Snickers bar.
4. Flavor your mix by adding spices such as cinnamon, southwestern or fajita spices, curry, chili, or onion/garlic powder, sesame seeds, etc. Avoid onion, garlic and seasoned salts. A light dose of cooking oil spray helps spices to stick.

SNACK MIX IDEAS

- Whole grain cereals: Life, Quaker Oat Squares, Kashi Crunch, Cheerios, Kix, Shredded wheat
- Dried fruit: cranberries, cherries, banana chips, raisins, dates, apricots, dried apples, pineapples (be careful, dried fruits are very high in sugar)
- Nuts: sunflower seeds, walnuts, cashews, soy nuts, almonds, peanuts, etc
- Wheat germ
- To add a hint of sweetness, add 1-2 tsp of coconut, chocolate or butterscotch chips, marshmallows, yogurt covered nuts, raisins
- Whole wheat pretzels, low-fat crackers, unbuttered popcorn



“ We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are. ”

Adelle Davis