

## Tasty Trail Mix

**4 servings**

Estimated cost per serving: \$0.40

- 2  $\frac{1}{2}$  cups low-fat microwave popcorn (like *Jolly Time Healthy Pop*)
- 1  $\frac{1}{2}$  cups honey nut or plain cheerios
- $\frac{1}{4}$  cup raisins or craisins (dried cranberries)
- $\frac{1}{4}$  cup honey roasted soy nuts\*
- $\frac{1}{4}$  cup plain M & Ms (or try dark chocolate chips)



\*Roasted soy nuts can usually be found in the produce or organic foods aisles at local supermarkets

**Nutrition Information**, per serving (a little over a cup): 180 calories, 5g fat, 2g saturated fat, 0 cholesterol, 165mg sodium, 30g carbohydrate, 4g fiber, 5g protein

**Good Source:** Dietary Fiber and Iron

Snack on a serving of this trail mix when you get the urge for 'munchies' between meals. The **whole grains** will give you an **energy boost** and the protein & fiber will keep you satisfied, keeping your hunger in check.

**Compare** the cost and calories of common snack items on campus . . .

<u>Snack Item</u>	<u>Cost (per serving)</u>	<u>Calories (per serving)</u>
<b>TASTY TRAIL MIX</b>	<b>\$0.40</b>	<b>180</b>
POTATO CHIPS (1.5 OZ)	1.00	225
PEANUT M&M (1.69 OZ)	0.80	250
SNICKER BAR (2 OZ)	0.80	270
GRANDMA'S COOKIES (2)	1.00	360

For more tips see our **Guide to Smart Snacking** at:

<http://www.mnsu.edu/shs/healtheducation/nutrition.html>

Questions or comments??? Contact SHS nutritionist, Rebecca Gruenes, MS, RD, at (507)389-5689 or at [rebecca.gruenes@mnsu.edu](mailto:rebecca.gruenes@mnsu.edu)

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