

Trail Mix - Mix N Match

By: Joyce Lande @ www.happyandhealthylifestyles.com

Ingredient	Serving (1 ounce)	Calories	Nutrient Value
Almonds	24 nuts, raw	164 calories	Fiber, Protein, Vitamin E, Vitamin B, Riboflavin, Iron, Potassium, Magnesium, Biotin, Arginine, Polyphenols
Almonds	22 nuts, dry roasted	169 calories	Fiber, Protein, Vitamin E, Vitamin B, Riboflavin, Iron, Potassium, Magnesium, Biotin, Arginine, Polyphenols
Brazil Nuts	2-3 nuts, no salt	197 calories	Fiber, Protein, Vitamin E, Calcium, Potassium, Magnesium, Zinc, Selenium
Cashews	18 kernels	156 calories	Fiber, Protein, Vitamin A, Vitamin B6 and B12, Vitamin C, Vitamin D, Calcium, Iron, Magnesium, Potassium
English Walnuts	14 halves	185 calories	Fiber, Protein, Omega-3 fatty acids, Vitamin E, Magnesium, Copper, Folate and Antioxidants
Hazelnuts	20 nuts, raw	178 calories	Fiber, Protein, Vitamin A, Vitamin D, Vitamin B12, Calcium, Potassium
Peanuts (legumes)	48, dry roasted, no salt	166 calories	Fiber, Protein, Vitamin E, Calcium, Copper, Iron, Magnesium, Niacin, Folate and Zinc
Pecans	20 halves, raw	195 calories	Fiber, Protein, Vitamin A, Vitamin D, Vitamin B12, Potassium, Calcium
Pistachios	47 kernels, dry roasted, no salt	162 calories	Fiber, Vitamin B12, Vitamin A, Vitamin D, Calcium, Potassium, Thiamin
Pistachios	47 kernels, raw, no salt	158 calories	Fiber, Potassium, Thiamin, Vitamin B6
Pumpkin Seeds (seed)	1/4 cup	80 calories	Fiber, Protein, Vitamin A, Vitamin B12, Vitamin C, Vitamin D, Calcium, Iron, Magnesium, Potassium, Folate
Sunflower Seeds (seed)	1/4 cup	204 calories	Fiber, Vitamin E, Thiamine, Selenium, Magnesium, Folate, Potassium
Dried Cranberries	1/3 cup	123 calories	Vitamin A, Vitamin D, Vitamin B6 and B12, Vitamin C, Vitamin E, Iron, Magnesium, Calcium, Potassium
Dried Cherries	1/4 cup	133 calories	Vitamin A, Vitamin C, Vitamin B6 and B12, Copper, Calcium, Magnesium, Iron, Potassium
Dried Blueberries	1/4 cup	270 calories	Vitamin A, Vitamin C, Calcium, Iron
Coconut	1/4 cup	187 calories	Fiber, Protein, Calcium
The synergy of multiple nutrients provide the most benefits.			
A serving of shelled nuts is 1 ounce.			
One ounce of nuts is 10-48 nuts, depending on their size.			
A single serving of nuts provides between 150-200 calories.			
Here are some easy ways to make your life a little nuttier:			
* Use nuts to top frozen yogurt.			
* Toss some chopped nuts or seeds on top of a salad instead of croutons			
* Stir peanut butter into stews and curries to enrich and add flavor.			
* Gently saute' chopped nuts in olive oil along with bread crumbs and chopped garlic and toss with freshly			
* Don't forget that American classic - a peanut-butter-and-jelly sandwich. Make it whole wheat bread; it's nu			
Toss 2 tablespoons roasted sunflower seeds on your cereal.			

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Sources:			
Fourteen Foods that will Change Your Life SuperFoods; Steven Pratt M.D., and Kathy Matthews			
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