

# FUEL YOUR DAY WITH TRAIL MIX

The ideal snack for on-the-go fueling, trail mix contains nuts and seeds that are full of vitamins, minerals, and healthy fats. Plus, the right mix is low in carbohydrates and contains a moderate amount of protein.

*Here's how these nutritious ingredients help support your healthy lifestyle.*

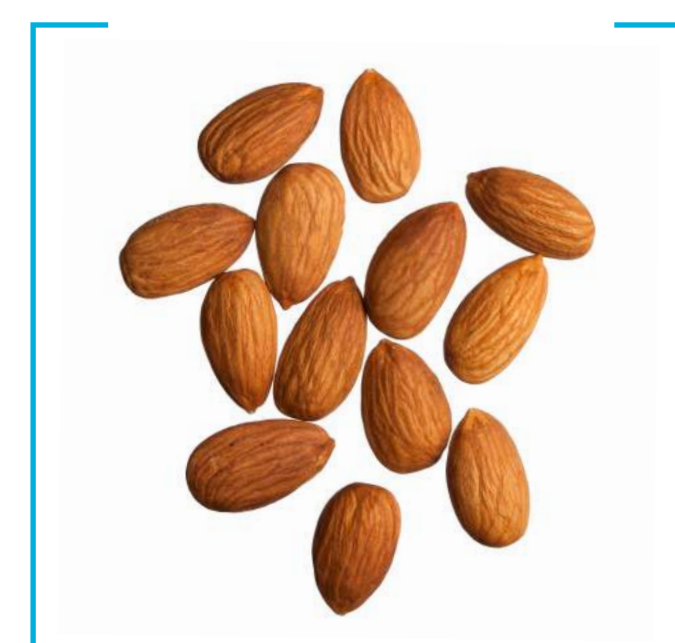
## PUMPKIN SEEDS

Pumpkin seeds contain **zinc**, which helps keep colds at bay and supports a strong immune system.



## ALMONDS

Almonds contain **vitamin E** and monounsaturated fats that reduce the risk of heart disease.



## PECANS

Pecans support bone health with high levels of **manganese**.



## DRIED CHERRIES

Dried cherries are a natural source of **melatonin** that may help with sleep.



## RAISINS

Raisins are nutrient dense and have **high mineral and fiber content** that supports a healthy digestive system.



## WALNUTS

Walnuts provide **omega-3 fatty acids** that reduce inflammation and support brain health.



## DARK CHOCOLATE CHIPS

Dark chocolate chips are rich in **minerals and antioxidants** that help lower blood pressure and protect against disease.



## SUNFLOWER SEEDS

Sunflower seeds contain **vitamin E**, which acts as an antioxidant and assists with immune function.



## PISTACHIOS

Pistachios provide energy with high levels of **B vitamins**.



## CINNAMON

Cinnamon is an **anti-inflammatory** that can help improve insulin sensitivity and blood sugar.

**DID YOU KNOW?**

A half cup of a trail mix created with the ingredients above will fuel you for roughly 4,000 steps or about two miles.

**EXOS**