

TRAIL MIX

FRUIT AND NUT

for use in the USDA Household
Commodity Food Distribution Programs

Revised: 02/23/04

Product Description

Trail Mix may be made from any of the following: dried cranberries, dried dates, dried figs, dried plum pieces, walnuts, almonds, or dried cherries. The label will indicate ingredients.

Pack

Trail Mix comes in 1-pound packages, approximately 2½ cups total volume per package, or 7½ 1/3-cup servings.

Storage

- Store unopened packages in a cool, dry place until ready to use.
- If package is opened, store in the refrigerator for up to 6 months.

Uses and Tips

- Serve Trail Mix, from the package, as a meal-time fruit choice.
- Repackage to take as a snack or in a bag lunch.
- Serve as a delicious nutritious topping for ice cream or yogurt or cereal at breakfast.



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Nutrition Information

Trail Mix is a good source of healthful carbohydrate and fiber.

Nutrition Facts

Serving size 1/3 cup (53g) trail mix with cranberries, dried dates, dried figs, dried plum pieces, and walnuts.

Amount Per Serving

| | | | |
|-----------------|-----|----------------|----|
| Calories | 198 | Fat Cal | 65 |
|-----------------|-----|----------------|----|

% Daily Value*

| | | | |
|-----------------------|--|--|------------|
| Total Fat 7.2g | | | 11% |
|-----------------------|--|--|------------|

| | | | |
|-------------------|--|--|-----------|
| Saturated Fat .6g | | | 3% |
|-------------------|--|--|-----------|

| | | | |
|------------------------|--|--|-----------|
| Cholesterol 0mg | | | 0% |
|------------------------|--|--|-----------|

| | | | |
|-------------------|--|--|-----------|
| Sodium 0mg | | | 0% |
|-------------------|--|--|-----------|

| | | | |
|------------------------------|--|--|------------|
| Total Carbohydrate 2g | | | 10% |
|------------------------------|--|--|------------|

| | | | |
|------------------|--|--|------------|
| Dietary Fiber 4g | | | 18% |
|------------------|--|--|------------|

| | | | |
|------------|--|--|--|
| Sugars 22g | | | |
|------------|--|--|--|

| | | | |
|-------------------|--|--|--|
| Protein 2g | | | |
|-------------------|--|--|--|

| | | | |
|--------------|--|--------------|--|
| Vitamin A 2% | | Vitamin C 1% | |
|--------------|--|--------------|--|

| | | | |
|------------|--|---------|--|
| Calcium 3% | | Iron 5% | |
|------------|--|---------|--|

*Percent Daily Values are based on a 2,000 calorie diet.

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