

## Trailmix Tidbits - Dark Chocolate Chips

Trailmix is a great snack to eat when you're on-the-go. There are endless combinations you could try, from sweet to savory. It is better to make your own trailmix as you can control the ingredients and the cost. Here are some common ingredients you can put in your trailmix.

### Dark Chocolate Chips (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
140	16	2	10	6	0



### Did You Know?

#### Dark Chocolate....

- Has more cacao; hence, it has less sugar than milk and white chocolate
- Contains lots of antioxidants
- May help to reduce blood pressure
- May promote healthy blood flow
- May reduce the risk of stroke

