

Trailmix Tidbits - Dried Fruits

Busy families need quick and easy on-the-go snacks! Heading to the arena? How about the field? Make your own trailmix and store it so you always have some on hand. Adding some dried fruit within your mixture gives a nice sweet taste! Have you ever tried it as a salad topper?

Raisins (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
84	22	1	0	0	0



Did You Know? Raisins are...

- Rich in iron
- Rich in antioxidants
- Can provide the body with instant energy

Dried Cranberries (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
86	23	2	0	0	0.1



Did You Know? Dried cranberries are ...

- Rich in antioxidants
- A good source of vitamin C

Dried Pineapple (1 Piece)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
69	18	2	0.17	0.01	0.02



Did You Know? Dried pineapples are...

- A good source of vitamin C
- A good source of manganese which helps to protect bones