

Trailmix Tidbits - Nuts

Nuts are so versatile! Store at home for on-the-go snacks, mix a few with your morning cereal, or throw some in yogurt for an amazing taste and crunch! Nuts are a nutrition snack – day or night!

Peanuts (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
159	4.5	2.4	14	2	6.9



Did You Know? Peanuts are...

- Rich in monounsaturated fats
- Low in saturated fat
- A good source of vitamin E

Almonds (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
161	6.1	3.4	14	1	8.6



Did You Know? Almonds are...

- Rich in monounsaturated fats
- Low in saturated fats
- Known to help lower cholesterol
- A great source of vitamin E

Walnuts (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
183	3.8	1.9	18.3	1.7	2.5



Did You Know? Walnuts are...

- High in healthy omega fats
- Known to improve blood quality
- An excellent source of copper which helps maintain heart health