

Trailmix Tidbits - Seeds

Loaded in nutrition, seeds provide so many versatility. Easy, on-the-go option. Try a small handful of seeds in your morning cereal, oatmeal, smoothies, salad, yogurt/ice cream or try alongside a piece of fruit as an afternoon snack!

Pumpkin Seeds (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
146	4	1	12	2	3.7



Did You Know? Seeds are...

- High in vitamin E and iron
- High in magnesium which plays a role in energy formation
- May provide assistance in regulating blood sugars

Sunflower Seeds (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
164	6	2	14	1	5.2



Did You Know? Sunflower seeds are...

- High in vitamin E
- Known to help to lower cholesterol

Chia Seeds (1oz/28g)

Calories	Total Carb	Fiber	Total Fat	Saturated Fat	Mono Fat
137	12	11	9	1	0.6



Did You Know? Chia seeds are...

- High in Omega-3 fatty acids
- Very high in fibre
- Very high in protein
- High in healthy antioxidants