

Trail Mix



SUMMARY: Most are glorified health foods. Many are not because they have candy or high sugar cereals. They are also very high in calories. So consumer beware.

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Trail mix is a snack that was originally developed as a portable and convenient meal replacement for hikers who need a good deal of portable calories. So two questions come up. **Do you need portable calories? Is trail mix good for you?** The only people that need portable calories are athletes that are doing all day events or all day hikers. When it comes to whether trail mix is healthy, as usual my answer is it depends. Generally speaking trail mix that just contains dried fruit (no added sugar) and nuts is healthy. As you know I am a big fan of all type of nuts. I just tell people who are looking to lose weight to understand they are calorically dense. The same goes for dried fruit. If you are NOT looking to lose weight then dried fruit that has no added sugars or fat in small amounts is a healthy. The problem is when nuts and dried fruit are mixed with other unhealthy ingredients such as candy, chocolate, or unhealthy cereal, which increases the calorie and sugar content of each serving. Be sure to check the nutrition label carefully looking at the calories and steer clear of varieties high in added sugar or sodium. Making your own trail mix at home can also allow you to control its contents and maximize its potential health benefits. Healthy ingredients include almonds, pumpkin seeds, cashews, sunflower seeds, dried fruit, popcorn, whole wheat pretzels and true dark chocolate. Regardless of whether you purchase or prepare your trail mix at home, it's important to monitor your portion sizes to avoid overeating. Trail mix can be high in calories. To cut down calories use more popcorn in your prep or add it to a purchased mix:)



Calories in Trail Mix

