

Trail Mix Educational Activity

You can use the following Nutrition Label Cards when doing the Trail Mix Educational Activity. Place each card in front of the bowl containing the mentioned food item. Each card has a suggested serving size and the amount of calories and nutrients it provides.

Ask participants to read the labels before choosing which foods to eat. Once they choose what foods to put on their cup or zip lock bag, ask them to add the calories and/ or the amount of sugar their “trail mix” provides.

The cards are ready to print. When you print them, fold the page in half to make a table tent. Another option is to cut them and laminate them.

We are also providing a page with links to recipes. You can print and cut these so you can give them to your participants.

The Trail Mix Educational Activity and the Nutrition Label Cards were developed July 2016 by:

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Chili Popcorn

AIR-POPPED CORN

Nutrition Facts	
Serving size	1 cup
Amount Per Serving	
Calories	28
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Chili Popcorn

MICROWAVE POPCORN

Nutrition Facts	
Serving size	1 cup
Amount Per Serving	
Calories	133
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Roasted Pumpkin
Seed Snack Mix

Roasted Pumpkin
Seed Snack Mix

ALMOND SLIVERS

RAISINS

Nutrition Facts	
Serving size	2 Tbsp
Amount Per Serving	
Calories	109
% Daily Values*	
Total Fat 9g	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	8%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	8%

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Nutrition Facts	
Serving size	2 Tbsp
Amount Per Serving	
Calories	64
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 2mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 0g	0%

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Trail Treat

Treat

Trail

DRIED CRANBERRIES

Nutrition Facts

Serving size 2 Tbsp

Amount Per Serving

Calories 44

% Daily Values*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 0mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 1g 4%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 0g 0%

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DRY ROASTED, SALTED PEANUTS

Nutrition Facts

Serving size 1 Tbsp

Amount Per Serving

Calories 87

% Daily Values*

Total Fat 7g 11%

Saturated Fat 1g 5%

Trans Fat 0g

Sodium 115mg 5%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 3g 6%

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Chili Popcorn

Chili Popcorn

GARLIC POWDER

Nutrition Facts	
Serving size	1 tsp
Amount Per Serving	
Calories	8
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

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RANCH POWDER

Nutrition Facts	
Serving size	1 tsp
Amount Per Serving	
Calories	8
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 270mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	0%

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Trail Treat

Trail Treat

GOLDFISH CRACKERS

Nutrition Facts

Serving size 1/4 cup

Amount Per Serving
Calories 62

% Daily Values*

Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 119mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	4%

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AIR-POPPED CORN

Nutrition Facts

Serving size 1 cup

Amount Per Serving
Calories 28

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	2%

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Trail Treat

MINI PRETZELS

Nutrition Facts	
Serving size	about 20 mini pretzels
Amount Per Serving	
Calories	110
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 250mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%

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RICE SQUARES

Nutrition Facts	
Serving size	1/2 cup
Amount Per Serving	
Calories	52
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	2%

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Trail Treat

Trail Treat

OAT CEREAL

Nutrition Facts

Serving size 1/2 cup

Amount Per Serving

Calories 50

% Daily Values*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 93mg 4%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 8%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g 2%

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SWEETENED DRIED PINEAPPLE

Nutrition Facts

Serving size 1/3 cup

Amount Per Serving

Calories 140

% Daily Values*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 85mg 4%

Total Carbohydrate 35g 12%

Dietary Fiber 1g 4%

Total Sugars 31g

Includes 0g Added Sugars 0%

Protein 0g 0%

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Trail Treat

Trail Treat

MICROWAVE POPCORN

Nutrition Facts

Serving size 1 cup

Amount Per Serving
Calories 133

% Daily Values*

Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	6%

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RAISINS

Nutrition Facts

Serving size 2 Tbsp

Amount Per Serving
Calories 64

% Daily Values*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 2mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 0g	0%

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Roasted Pumpkin
Seed Snack Mix

Roasted Pumpkin
Seed Snack Mix

RICE SQUARES

Nutrition Facts	
Serving size	1/2 cup
Amount Per Serving	
Calories	52
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	2%

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DRIED CRANBERRIES

Nutrition Facts	
Serving size	2 Tbsp
Amount Per Serving	
Calories	44
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 0g	0%

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Trail Treat

Trail Treat

SOY NUTS

WHEAT SQUARES

Nutrition Facts

Serving size 1 Tbsp

Amount Per Serving
Calories 50

% Daily Values*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 4g	8%

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Nutrition Facts

Serving size 1/2 cup

Amount Per Serving
Calories 121

% Daily Values*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 265mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	6%

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Roasted Pumpkin
Seed Snack Mix

Roasted Pumpkin
Seed Snack Mix

PUMPKIN SEEDS

Nutrition Facts

Serving size 2 Tbsp

Amount Per Serving

Calories 42

% Daily Values*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 0mg 0%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 2g 4%

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WHEAT SQUARES

Nutrition Facts

Serving size 1/2 cup

Amount Per Serving

Calories 121

% Daily Values*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Sodium 265mg 11%

Total Carbohydrate 25g 8%

Dietary Fiber 3g 12%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 3g 6%

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