



Eating Smart and Being Active During Pregnancy

Trail Mix

Makes: 8 (1/2 cup) servings
Preparation Time: 5 minutes

Ingredients:

- 1 cup small pretzels
- 1 cup whole grain cereal such as Wheat Chex® or Cheerios®
- 1 cup dry roasted peanuts
- 1 cup raisins

Preparation:

1. Combine all the ingredients in a large bowl.
2. Mix well.
3. Store in a sealable plastic bag or container with a lid.

Trail Mix is a healthy snack that is easy to take with you. Three small meals and three snacks can help you avoid morning sickness and heartburn.

Nutrition Facts

Serving Size (45g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 6g	



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