



CLASSIC TRAIL MIX

Serving: 1

1/4 cup low-sugar cereal like toasted O's, corn or rice squares

1/4 cup popped popcorn

1 tablespoon nuts (peanuts, pistachios, almonds or pecans)

2 teaspoons raisins or dried fruit

Mix ingredients together.

Serve or store in an airtight container.

Nutrition information per serving: 130 calories; 5 g total fat; 105 mg sodium; 24 g carbohydrates; 4 g dietary fiber; 5 g protein.

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Whole Grain Goodness

Choose whole grains. High-fiber cereals can keep you feeling full longer. Choose cereal with 5 or more grams of fiber.

Shop Smart to Save

Planning meals for the week will help you spend less.



MEZCLA CLÁSICA DE NUECES Y FRUTAS

Porción: 1

1/4 taza de cereales bajos en azúcar como el cereal tostado de O's, cereal de maíz o de arroz

1/4 taza de palomitas de maíz

1 cucharada de nueces (cacahuetes, pistachos, almendras o pecanas)

2 cucharaditas de pasas o fruta seca

Mezcle los ingredientes.

Sirva o guarde en un recipiente hermético.

Información nutricional por porción: 130 calorías; 5 g grasa total; 105 mg sodio; 24 g carbohidratos; 4 g fibra dietética; 5 g proteína.



Granos integrales y sus propiedades

Elija granos integrales. Los cereales altos en fibra pueden mantenerlo lleno por más tiempo. Elija un cereal con 5 o más gramos de fibra.

Compre inteligentemente para ahorrar

Planificar las comidas para la semana le ayudará a gastar menos.



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The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) offers both the Tennessee Nutrition and Consumer Education Programs (TNCEP) and the Expanded Food and Nutrition Education Programs (EFNEP).

Through TNCEP, UT Extension FCS provides nutrition education and chronic disease prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). TNCEP is funded by the Department of Human Services (DHS) and the United States Department of Agriculture (USDA).

EFNEP is a peer-to-peer intensive direct education program using a hands-on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity. EFNEP is funded by the United States Department of Agriculture (USDA) and by the Institute of Food and Agriculture (NIFA).