

**“WHEN PROJECT”
Weekly Health Education
Program**

1 Corinthians 10:31



October is Trail Mix Month

Trail mix typically contains several high protein ingredients, such as nuts and seeds. Protein is an important nutrient essential for muscle growth, tissue repair, immune health, and more. Eating more protein may also help support weight loss by reducing your appetite and enhancing feelings of fullness. There are many variations of trail mix, and you can customize it to your liking. Trail mix is considered a great snack food for hikes, because it is lightweight, easy to store, and nutritious, providing a quick energy boost from the carbohydrates in the dried fruit or granola, and sustained energy from fat in nuts.

Trail mixes are associated with physical activity. It is calorie dense and nutrient pack food which is generally high in protein and fiber.

Nuts are a great source of protein and healthy fats, which can help keep you full and satisfied. Here are some nuts that are commonly used in trail mix:

1. **Almonds:** Almonds are a great source of vitamin E, magnesium, and fiber. They also contain healthy fats that can help lower cholesterol levels .
2. **Cashews:** Cashews are rich in iron, zinc, and magnesium. They also contain healthy fats that can help improve heart health .

3. **Pecans:** Pecans are a good source of fiber and contain antioxidants that can help protect against cell damage .
4. **Walnuts:** Walnuts are high in omega-3 fatty acids, which can help reduce inflammation and improve heart health .

Pistachios: Pistachios are a good source of protein and fiber. They also contain antioxidants that can help protect against cell damage .

Trail mix is a snack mix that typically includes granola, nuts, seeds, and dried fruit . Here are some fruits that are commonly used in trail mix:

1. **Raisins:** Raisins are a popular choice for trail mix. They are sweet, chewy, and a good source of fiber .
2. **Bananas:** Dried banana chips are often included in trail mix. They are crunchy, slightly sweet, and a good source of potassium .
3. **Cranberries:** Dried cranberries are tart, sweet, and chewy. They are also a good source of antioxidants that can help protect against cell damage .
4. **Dates:** Dates are sweet and chewy. They are also a good source of fiber and potassium .
5. **Apricots:** Dried apricots are sweet and slightly tangy. They are also a good source of vitamin A and fiber .

Granola is a good source of fiber and protein, which can help keep you full and satisfied. However, it is also high in calories and sugar, so it's important to consume it in moderation. Granola helps to keep your gut healthy and regular. It also helps to control your appetite and keep you feeling fuller for longer.

“MAKE TRAIL MIX ALL MONTH LONG”