



Nuts - 1-3 varieties

Dried Fruits - 1-2 types -
*cranberries, raisins, cherries,
apricots, blueberries, etc.*

Whole Grain Cereal - *shredded
wheat, toasted oat cereal, roasted
soybeans*

Mini Chocolate or Butterscotch
Chips - *small amount*

FOOD CHECK-OUT WEEK®

STRETCHING YOUR GROCERY DOLLAR WITH HEALTHY, NUTRITIOUS FOOD

Trail Mix

1 Serving = approximately 1/2 cup

Combine:

Your favorite nuts, whole grain cereal or roasted soybeans, and a small amount of mini chocolate chips or butterscotch chips!

Be careful how much you eat (1 serving = approximately 1/2 cup) because it will be really tasty! Enjoy!



Fast Facts:

- Soy, nuts and beans are good sources of protein providing nutrients needed for good health.
- Soy protein is easily absorbed in the body.
- Protein is vital for healthy body functions such as tissue repair, metabolism and fluid balance. Every cell in the body uses protein and it increases satiety by slowing down digestion.
- Protein forms the structure for bones, teeth, hair, nails, skin and muscles.
- Beans and nuts are a good source of fiber also. Beans (black, kidney, lima, garbanzo, etc.) are rich in B vitamins.
- Nuts have heart healthy fats and are rich in potassium, phosphorus and magnesium.
- A serving of nuts is 1 oz. which feels like holding a golf ball in the palm of your hand and about 4-6 grams of protein depending on the type of nut.
- A serving of beans and edamame is ½ cup and around 6-8 grams of protein.
- To reduce the sodium in canned beans, rinse in a strainer and eliminate about 40% of the sodium content.
- Snack ideas and serving suggestions:
 - Add chopped nuts to oatmeal or other hot cereals, top salads, ice cream and use as a mid-morning/afternoon snack.
- Budget considerations:
 - Add cooked edamame and beans to soups and salads for higher protein, vitamin and fiber content.
 - Microwave frozen edamame, toss with a buttery spray, salt and/or garlic powder to taste and enjoy as a snack.
 - Blend silken tofu into tomato sauces like spaghetti sauce to add a high-quality protein. Silken tofu has no flavor, the consistency of sour cream and takes on whatever flavors are in the sauce. No one will know it's there but they will have the benefit of its nutrients!
 - Buy on sale and store brand when available.
 - Buy nuts in bulk and divide into smaller containers for easy snacking. Store nuts in freezer for longer shelf life.