



Be Heart Smart *

'Move More' Tip of the Day

Take the stairs when you can, even if it's just going down them.

Trail Mix

Servings 6 | Prep time 5 mins. | Total time 5 mins.

Ingredients

- 3 cups cereal (oat circles, corn squares)
- 1/2 cup nuts (almonds, pecans, walnuts, etc.)
- 1/2 cup dried fruit (raisins, reduced sugar dried cranberries, banana chips, etc.)
- 1/2 cup small pretzels
- 1/2 cup chocolate chips

Instructions

Mix all ingredients together and store in airtight container.

Nutritional Information

Calories 270 Total Fat 12g Sodium 210mg Total Carbs 42g Protein 6g

Nutrition Tip: Nuts and seeds are good sources of protein, healthy fats, fibers, vitamins and minerals. Nuts and seeds regulate body weight as their fats are not fully absorbed, they regulate food intake and help burn energy. Nuts and seeds contain unsaturated fats and other nutrients that provide protective effects against heart disease.

Find more delicious recipes!

- Celebrate Your Plate - <https://celebrateyourplate.org>
- American Heart Association - <https://www.heart.org>
- Common Threads - <https://www.commonthreads.org>



* Material provided is for informational purposes only. Please consult your medical professional for activity and diet advice for your individual health condition



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