



# **The Ultimate Trail Mix Challenge**

## **Nutrition Labels in 100-Gram Quantities**



# Sunflower Seeds:

<b>Nutrition Facts</b>	
Serving Size 100 grams (100 grams)	
Amount Per Serving	Calories from Fat 417
% Daily Value*	
<b>Total Fat</b> 50g	77%
Saturated Fat 5g	26%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 11g	44%
Sugars 3g	
<b>Protein</b> 19g	
Vitamin A	0% • Vitamin C
Calcium	7% • Iron
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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# Whole Grain Goldfish:

## Nutrition Facts

Serving Size 100 grams (100 g)  
Per Serving % Daily Value\*

Calories	467
Calories from Fat	150
<b>Total Fat</b>	16.667g 27%
Saturated Fat	3.333g 17%
Polyunsaturated Fat	5g
Monounsaturated Fat	8.333g
Cholesterol	17mg 7%
Sodium	833mg 33%
<b>Carbohydrates</b>	63.333g 20%
Dietary Fiber	6.667g 27%
Sugars	3.333g
<b>Protein</b>	13.333g
Vitamin A	0%
Calcium	13%
Vitamin C	0%
Iron	20%

Read more: [Calories in Pepperidge Farm - Whole Grain Goldfish, Goldfish Crackers | Nutrition and Health Facts](http://www.caloriecount.com/calories-pepperidge-farm-whole-grain-goldfish-1132041#ixzz35xk0K10) <http://www.caloriecount.com/calories-pepperidge-farm-whole-grain-goldfish-1132041#ixzz35xk0K10>

\*Based on a 2000 calorie diet

## Lightly Sweetened Dried Cranberries:

# Nutrition Facts

Serving Size 100 grams (100 grams)

### Amount Per Serving

Calories 308      Calories from Fat 11

### % Daily Value\*

Total Fat	1g	2%
Saturated Fat	0g	1%
Trans Fat		
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrate	82g	27%
Dietary Fiber	6g	23%
Sugars	65g	
Protein	0g	

Vitamin A	0%	Vitamin C	0%
Calcium	1%	Iron	3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## Dry-roasted Peanuts:

# Nutrition Facts

Serving Size 100 grams (100 grams)

### Amount Per Serving

Calories 585      Calories from Fat 416

### % Daily Value\*

Total Fat	50g	76%
Saturated Fat	7g	34%
Trans Fat		
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrate	22g	7%
Dietary Fiber	8g	32%
Sugars	4g	
Protein	24g	

Vitamin A	0%	Vitamin C	0%
Calcium	5%	Iron	13%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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# Frosted Flakes:

## Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		Calories from Fat 2
		% Daily Value*
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 462mg	19%	
Total Carbohydrate 91g	30%	
Dietary Fiber 2g	7%	
Sugars 39g		
Protein 4g		
Vitamin A	39%	Vitamin C 44%
Calcium	0%	Iron 130%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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# Mini M&Ms:

## Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		Calories from Fat 11
		% Daily Value*
Total Fat 1g	2%	
Saturated Fat 0g	1%	
Trans Fat		
Cholesterol 0mg	0%	
Sodium 3mg	0%	
Total Carbohydrate 82g	27%	
Dietary Fiber 6g	23%	
Sugars 65g		
Protein 0g		
Vitamin A	0%	Vitamin C 0%
Calcium	1%	Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## Dry-roasted Almonds:

### Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		Calories from Fat 442
		% Daily Value*
Calories 597		
Total Fat 53g		81%
Saturated Fat 4g		20%
Trans Fat		
Cholesterol 0mg		0%
Sodium 1mg		0%
Total Carbohydrate 19g		6%
Dietary Fiber 12g		47%
Sugars 5g		
Protein 22g		
Vitamin A	0%	Vitamin C 0%
Calcium	27%	Iron 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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## Oats:

### Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving		Calories from Fat 55
		% Daily Value*
Calories 379		
Total Fat 7g		10%
Saturated Fat 1g		6%
Trans Fat		
Cholesterol 0mg		0%
Sodium 6mg		0%
Total Carbohydrate 69g		23%
Dietary Fiber 10g		40%
Sugars 1g		
Protein 13g		
Vitamin A	0%	Vitamin C 0%
Calcium	5%	Iron 24%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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