

**FOOD LION**



# Trail Mix

SWEETENED DRIED CRANBERRIES,  
PEPITAS, WALNUTS, ALMONDS  
BRAZIL NUTS, HAZELNUTS & PISTACHIOS

*Heart Healthy\**  
\*MAY REDUCE THE RISK OF HEART DISEASE

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REDUCE THE RISK OF HEART DISEASE. SEE MEDICATION INFORMATION FOR FULL DISCLOSURE.



NET WT 9 OZ. (255g)



**160**  
CALORIES

**1.5g**  
SAT FAT  
3% DV

**8g**  
SUGAR  
16% DV

**10g**  
TOTAL CRANBERRY

# The Healthy Trail Food

**Padhraic Smyth**



## **The Healthy Trail Food:**

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