



Trail mix

Berries

Wild berries are favourite foods of many indigenous peoples.

Many berries are still harvested and enjoyed today. Some common favourites include Saskatoon berries, blueberries, huckleberries, gooseberries, currents, blackberries, raspberries, strawberries, cloudberry, crowberries and cranberries. Wild berries are excellent sources of fibre which helps lower blood cholesterol, helps keep your blood sugar stable and helps with digestive health. Berries are also good sources of vitamin C, which helps keep your skin and gums healthy and helps to boost your immune system, fighting off illness and infections.

Nuts and seeds

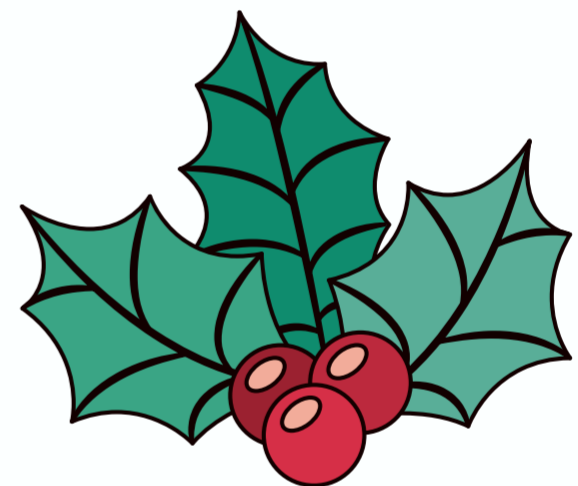
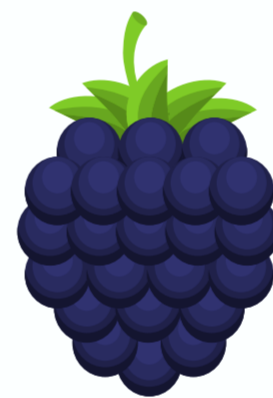
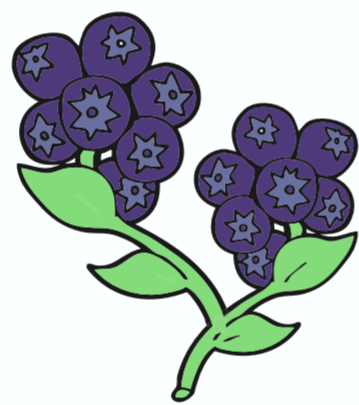
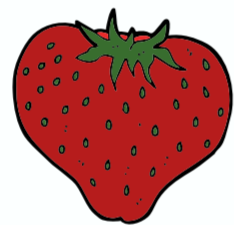
Nuts and seeds were eaten as part of many traditional diets and continue to be enjoyed today. Common favourites include beechnuts, hazelnuts, pecans, black walnuts, balsamroot seeds, oak acorns and whitebark pine seeds.

Nuts and seeds are good sources of protein, heart healthy fats and vitamins and minerals. Eating a small handful of nuts on a regular basis has been shown to help lower high blood pressure, blood cholesterol and keep blood sugars stable.

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Make your own trail mix

Try making your own homemade trail mix by combining dried fruit and other berries, nuts and seeds. For a healthier snack, use unsalted nuts and seeds and fruit dried without added sugar. This can make a great after workout snack, an on-the-go treat and a perfect pick-me-up to keep in your back-pack, purse or pocket. Enjoy!



For more information on healthy eating and nutrition, contact Wabano's dietitian Jasna at 613-748-0657 ext 285 or jrobinsonwright@wabano.com

Funded by the Ministry of Health and Long-Term Care,
Government of Ontario.



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