



# nature's habit<sup>®</sup>



## 4oz Granola Trail Mix

- \* Whole grain—heart healthy snack
- \* Good source of fiber and protein
- \* Fun packaging that emphasizes an active lifestyle and healthy ingredients
- \* Resealable pouch
- \* Incredible crunch and great flavor
- \* 14-month shelf life



PRODUCT DESCRIPTION	ITEM No.	UPC CODE	UNIT SIZE	CASE CUBE	CASES/ LAYERS	CASES/ PALLET	CASE PACK	CASE WT.	SRP
Almonds & Pecans	65101	7 63190 65101 7	4 oz	.33	13	156	12	5 lb	3.49
Cocoa, Cherries, Almonds & Pecans	65102	7 63190 65102 4	4 oz	.33	13	156	12	5 lb	3.49
Cranberries, Cherries, Raisins Almonds & Pecans	65103	7 63190 65103 1	4 oz	.33	13	156	12	5 lb	3.49
Blueberries, Mangos Almonds, Pecans & Seeds	65104	7 63190 65104 8	4 oz	.33	13	156	12	5 lb	3.49
Banana Chips Almonds & Pecans	65155	7 63190 65155 0	4 oz	.33	13	156	12	5 lb	3.49

# 4oz Nature's Habit Granola Trail Mix

**granola trail mix  
with cranberries, cherries,  
raisins, almonds & pecans**

**Nutrition Facts** Serv. Size: 1/3 cup (30g),  
Servings: about 4. Amount Per Serving:  
**Calories** 120, Calories from Fat 50, **Total  
Fat** 6g (9% DV), Saturated Fat 1.5g (8% DV),  
Trans Fat 0g, **Sodium** 40mg (2% DV),  
**Total Carbohydrate** 16g (5% DV), Dietary  
Fiber 3g (10% DV), Sugars 8g, **Protein** 3g,  
Calcium (2% DV), Iron (4% DV). Not a  
significant source of cholesterol, vitamin A and  
vitamin C. Percent Daily Values (DV) are based  
on a 2,000 calorie diet.

**INGREDIENTS:** Whole Grain Oats, Brown  
Sugar, Almonds, Pecans, Coconut, Dried  
Cranberries (cranberries, sugar, sunflower oil),  
Dried Cherries (cherries, sugar, sunflower oil),  
Raisins (raisins, vegetable oil), Maltodextrin  
(dietary fiber), Natural Flavor, Salt, Cinnamon,  
Mixed Tocopherols (vitamin E, soybean oil).  
**ALLERGENS:** Almonds, Pecans & Coconut.  
Caution: Occasional pits and shells may occur.



**granola trail mix  
with almonds & pecans**

**Nutrition Facts** Serv. Size: 1/3 cup (30g),  
Servings: about 4. Amount Per Serving:  
**Calories** 120, Calories from Fat 60, **Total  
Fat** 7g (10% DV), Saturated Fat 1.5g (9% DV),  
Trans Fat 0g, **Sodium** 45mg (2% DV),  
**Total Carbohydrate** 15g (5% DV), Dietary  
Fiber 3g (11% DV), Sugars 7g, **Protein** 3g,  
Calcium (2% DV), Iron (6% DV). Not a  
significant source of cholesterol, vitamin A &  
vitamin C. Percent Daily Values (DV) are  
based on a 2,000 calorie diet.

**INGREDIENTS:** Whole Grain Oats, Brown  
Sugar, Almonds, Pecans, Coconut, Maltodextrin  
(dietary fiber), Natural Flavor, Salt, Cinnamon,  
Mixed Tocopherols (vitamin E, soybean oil).  
**ALLERGENS:** Almonds, Pecans & Coconut.  
Caution: Occasional pits and shells may occur.



**granola trail mix  
with mangos, blueberries,  
almonds, pecans & seeds**

**Nutrition Facts** Serv. Size: 1/3 cup (30g),  
Servings: about 4. Amount Per Serving:  
**Calories** 120, Calories from Fat 50, **Total  
Fat** 6g (9% DV), Saturated Fat 1.5g (8% DV),  
Trans Fat 0g, **Sodium** 35mg (2% DV),  
**Total Carbohydrate** 16g (5% DV), Dietary  
Fiber 3g (11% DV), Sugars 9g, **Protein** 3g,  
Calcium (2% DV), Iron (4% DV). Not a  
significant source of cholesterol, vitamin A &  
vitamin C. Percent Daily Values (DV) are  
based on a 2,000 calorie diet.

**INGREDIENTS:** Whole Grain Oats, Brown  
Sugar, Almonds, Dried Mangos (mango, sugar),  
Pecans, Coconut, Dried Blueberries  
(blueberries, sugar, sunflower oil), Maltodextrin  
(dietary fiber), Flaxseeds, Pumpkin Seeds,  
Sesame seeds, Sunflower Seeds, Natural  
Flavor, Salt, Cinnamon, Mixed Tocopherols  
(vitamin E, soybean oil).  
**ALLERGENS:** Almonds, Pecans & Coconut.  
Caution: Occasional pits and shells may occur.



**granola trail mix  
with cocoa, cherries,  
almonds & pecans**

**Nutrition Facts** Serv. Size: 1/3 cup (30g),  
Servings: about 4. Amount Per Serving:  
**Calories** 110, Calories from Fat 35, **Total  
Fat** 4g (6% DV), Saturated Fat 1.5g (9% DV),  
Trans Fat 0g, **Sodium** 35mg (1% DV),  
**Total Carbohydrate** 17g (6% DV), Dietary  
Fiber 3g (12% DV), Sugars 8g, **Protein** 3g,  
vitamin A (2% DV), Calcium (2% DV), Iron (6%  
DV). Not a significant source of cholesterol &  
vitamin C. Percent Daily Values (DV) are based  
on a 2,000 calorie diet.

**INGREDIENTS:** Whole Grain Oats, Brown  
Sugar, Almonds, Pecans, Coconut, Dried  
Cherries (cherries, sugar, sunflower oil),  
Maltodextrin (dietary fiber), Cocoa, Natural  
Flavors, Salt, Cinnamon, Mixed Tocopherols  
(vitamin E, soybean oil). **ALLERGENS:** Almonds,  
Pecans & Coconut. Caution: Occasional pits  
and shells may occur.



**granola trail mix  
with banana chips,  
almonds & pecans**

**Nutrition Facts** Serv. Size: 1/3 cup (30g),  
Servings: about 4. Amount Per Serving:  
**Calories** 130, Calories from Fat 60, **Total  
Fat** 7g (10% DV), Saturated Fat 2g (10% DV),  
Trans Fat 0g, **Sodium** 40mg (2% DV),  
**Total Carbohydrate** 16g (5% DV), Dietary  
Fiber 3g (11% DV), Sugars 7g, **Protein** 3g,  
Calcium (2% DV), Iron (4% DV). Not a signifi-  
cant source of cholesterol, vitamin A & vitamin C.  
Percent Daily Values (DV) are based on a  
2,000 calorie diet.

**INGREDIENTS:** Whole Grain Oats, Brown  
Sugar, Almonds, Pecans, Banana Chips  
(banana, sugar, coconut oil, natural banana  
flavoring), Coconut, Maltodextrin (dietary fiber),  
Natural Flavors, Salt, Spices, Mixed Tocopherols  
(vitamin E, soybean oil). **ALLERGENS:** Almonds,  
Pecans & Coconut. Caution: Occasional pits  
and shells may occur.

