



serving size (oz.)  
 Calories  
 Calories from fat  
 from total fat (g)  
 total fat (%DV)  
 saturated fat (g)  
 sat fat(%DV)  
 trans fat(g)  
 cholesterol(mg)  
 sodium(mg)  
 sodium(%DV)  
 total carbohydrate(g)  
 total carb(%DV)  
 fiber(g)  
 fiber(%DV)  
 sugars(g)  
 protein (g)

**TRAIL MIXES**  
**Roasted & Salted**

Sweet 'n Salty Mix®	1.00(oz.)	140	80	9	14%	3.0	15%	0	0	60	3%	13	4%	2	8%	12	4
Sweet 'n Salty Select	1.00(oz.)	140	90	10	15%	2.5	13%	0	0	60	3%	12	4%	2	8%	8	4
Strawberry PB&J Trail Mix	1.00(oz.)	210	110	13	20%	2.0	10%	0	0	90	4%	19	6%	3	12%	15	6
Cranberry Almond Delight	1.00(oz.)	150	100	11	17%	2.0	10%	0	0	70	3%	9	3%	2	8%	6	6
Granola Nut Trail Mix	1.00(oz.)	120	35	4	6%	0	0%	0	0	55	2%	19	6%	2	8%	8	3
Second Nature Wholesome Medley	1.00(oz.)	140	80	9	14%	2.0	10%	0	0	45	2%	13	4%	2	8%	9	4
Second Nature Sensible Medley	1.00(oz.)	170	120	13	20%	2.5	13%	0	0	60	3%	8	3%	3	12%	3	6
Second Nature Morning Medley	1.00(oz.)	120	40	4.5	7%	0	0%	0	0	50	2%	19	6%	3	12%	9	3

**Low-Sodium & Sodium-Free**

All Energy Trail Mix	1.00(oz.)	130	70	7	11%	2.0	10%	0	0	0	0%	13	4%	2	12%	7	4
Berry Berry Nutty Mix	1.00(oz.)	140	80	8	12%	2.5	13%	0	0	55	2%	14	5%	1	4%	12	3
Original Blend Trail Mix	1.50(oz.)	200	130	14	22%	1.5	8%	0	0	0	0%	17	6%	3	12%	10	7
Nut 'n Yogurt Trail Mix	2.00(oz.)	140	80	9	14%	2.0	10%	0	0	5	0%	13	4%	2	8%	9	4
Raisin Almond Cashew Mix	1.00(oz.)	120	90	7	11%	1.0	5%	0	0	0	0%	15	5%	2	8%	9	3
Strawberry Pineapple Nut Mix	1.00(oz.)	130	60	7	11%	1.0	5%	0	0	40	2%	14	5%	3	12%	12	4
Second Nature California Medley	1.00(oz.)	130	70	8	12%	0.5	3%	0	0	0	0%	14	5%	2	8%	9	3
Second Nature Simplicity Medley	1.00(oz.)	140	80	9	14%	1.0	5%	0	0	0	0%	11	4%	3	12%	7	4

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Sat Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Potassium	3,500mg	3,500mg
Sat Fat	20g	25g
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

\*In-shell and seed nutrition facts are for the kernel only and do not include the shell. Suggested serving size is 1 ounce unless otherwise noted. Serving sizes over 1 ounce are based on the smallest package available. Additional nutrition, ingredient and allergy information can be found on the back panel of each package. All Kar's and Second Nature brand products are certified kosher pareve or kosher dairy.

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

Calories per gram:  
 Fat 9 | Carbohydrate 4 | Protein 4