

Get
A Good
Habit

nature's habit

Granola Trail Mixes



Nature's Habit 4oz Granola Trail Mix is
the perfect "healthier snack alternative"
for families on the go.



- Whole grain—heart healthy
- Good source of fiber and protein
- Resealable pouch
- Incredible crunch and great flavor
- 14-month shelf life (naturally)

Flavors include:

Cranberries, Cherries,
Almonds & Pecans
Cocoa, Cherries, Almonds & Pecans
Apples, Blueberries, Mangos, Almonds, Pecans & 4 Seeds
Almonds & Pecans
Vanilla, Almonds & Pecans
Banana Chips, Almonds & Pecans

Available in 4oz. size
Shelf Life: 14 months (naturally)
Storage: Product should be stored in a cool dry
location (preferably 60-70° F)

Non-GMO



Natures Habit Brand Inc.
Branded / Private Label / Nature's Habit Brand Inc.
P.O. Box 522 Washago, Ontario L0K 2B0 Canada
T: 866-568-6569 www.natureshabit.com

made in Canada 



Base Ingredients: whole grain oats, almonds, brown sugar, pecans, coconut, natural flavors, salt, cinnamon, dietary fiber, tocopherol (vitamin E) (plus cocoa for the version with cocoa)

65101 4oz NATURE'S HABIT TRAIL MIX WITH ALMONDS & PECANS

Nutrition Facts	
Serving Size 1/3 cup (30g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 140	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

65102 4oz NATURE'S HABIT TRAIL MIX COCOA CHERRIS WITH ALMONDS & PECANS

Nutrition Facts	
Serving Size 1/3 cup (30g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 4g	16%
Sugars 7g	
Protein 3g	
Vitamin A 4%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

65103 4oz NATURE'S HABIT TRAIL MIX WITH CRANBERRIES, CHERRIES, RAISINS, ALMONDS & PECANS

Nutrition Facts	
Serving Size 1/3 cup (30g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 130	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

65104 4oz NATURE'S HABIT TRAIL MIX WITH BLUEBERRIES, MANGOS, ALMONDS & PECANS & 4 SEEDS

Nutrition Facts	
Serving Size 1/3 cup (30g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

65155 4oz NATURE'S HABIT TRAIL MIX WITH BANANA CHIPS, ALMONDS & PECANS

Nutrition Facts	
Serving Size 1/3 cup (30g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 140	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	