

CAN PROCESSED FOODS BE HEALTHY?

There are a lot of conflicting messages about what processed food is. Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, even foods labeled “natural” or “organic” can be processed.

What do you need to know?

1. Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.
2. Some foods are processed with ingredients typically used in cooking, such as salt or sugar.
3. Highly processed foods are manufactured with ingredients that are not typically used in cooking.

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Almond Snack Mix

 SERVES 4 / SERVING SIZE 1/2 CUP

Ingredients

- 1/3 cup whole, unsalted almonds
- 2/3 cup whole-grain cereal squares
- 1/2 cup low-fat granola (without raisins)
- 1/4 cup dried apricot halves, cut into pieces **OR** 1/4 cup golden raisins
- 1/4 cup sweetened, dried cranberries

Directions

Preheat the oven to 350°F. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool completely.

Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.

Tip: If all the snack mix isn't likely to be eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

Nutritional Facts

Calories	174	Cholesterol	0 mg
Total Fat	6.5 g	Sodium	72 mg
Saturated Fat	0.5 g	Total Carbohydrate	29 g
Trans Fat	0.0 g	Dietary Fiber	5 g
Polyunsaturated Fat	0.0 g	Sugars	14 g
Monounsaturated Fat	0.0 g	Protein	4 g

Dietary Exchanges: 1 fruit, 1 starch, 1 fat