

CREATETM

HEALTHY CHOICES



Have your lunch and feel good, too!

HAVE A THUMBS UP LUNCH



FRESH SALAD



DELI SANDWICH
with Fresh Fruits
and Veggies



**FRUIT & YOGURT
PARFAIT**
with Granola Bar



**LOW-SODIUM
SOUP**
with Baked Chips



**LOW-FAT
CHEESE**
and Popcorn

BENEFITS OF HEALTHIER EATING

**INCREASED
ENERGY**

**HEALTHY
HEART**

**LOWER CALORIE
INTAKE**

**FEEL FULL
LONGER**

**SAVE
MONEY**

Find more healthy lifestyle tips and nutritious recipes at CreateBetterHealth.org

CREATE SNAP-EDTM
BETTER HEALTH

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination, including harassment. For USU's non-discrimination notice, see <https://www.usu.edu/equity/non-discrimination>.

Extension
UtahStateUniversity[®]

