

Now the Healthy Choice is the Easy Choice



Look for the sign that this item is the healthy choice. You'll find foods that are:

• Good for you and your family

- High in fiber, vitamins, and minerals
- Low in sodium, added sugars, and trans fats

Extension UtahStateUniversity.



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



This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider.

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