

CREATE SNAP-ED
BETTER HEALTH™



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

