

# Whole Wheat Tortilla

**CREATE**  
HEALTHY CHOICES



- Whole wheat tortillas are made with whole grains.
- Replace two slices of bread with one tortilla for a lower calorie, lower carbohydrate option.
- Good source of fiber and B vitamins.
- Try out some new wrap fillings such as:
  - Sweet potatoes, black beans, tomatoes
  - Veggies and hummus
  - Spinach, feta, and tomato

**CREATE** SNAP-ED  
**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**



# Whole Wheat Tortilla

**CREATE**  
HEALTHY CHOICES



- Whole wheat tortillas are made with whole grains.
- Replace two slices of bread with one tortilla for a lower calorie, lower carbohydrate option.
- Good source of fiber and B vitamins.
- Try out some new wrap fillings such as:
  - Sweet potatoes, black beans, tomatoes
  - Veggies and hummus
  - Spinach, feta, and tomato

**CREATE** SNAP-ED  
**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**

