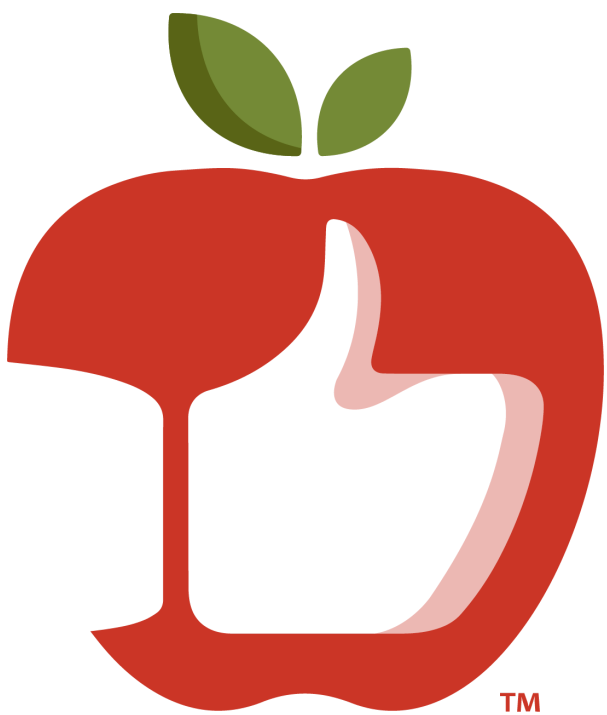


# CREATE BETTER HEALTH™ HUB



## 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](https://createbetterhealth.org)**

