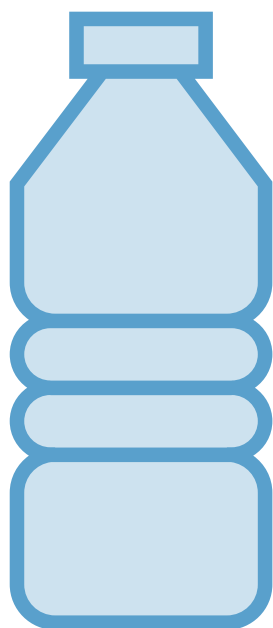




**Healthy
Choice™**

Look for the following
items to make the
Healthy Choice



**BOTTLED
WATER**

**1% OR
SKIM MILK**



**100% FRUIT
JUICE**

**LOW-CALORIE
DRINKS**

<25 CAL/SERVING



CREATE SNAP-ED
BETTER HEALTH

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

EXTENSION 
UtahStateUniversity.