Tweets: Diabetes

These Tweet ideas coordinate well with resources we’ve featured in this ONE Toolkit. Once you’ve posted the corresponding resource on your website, you can include a link, with your own URL, in your Tweet.

Optional tag: #diabetes

Six Tips for Managing Diabetes
• Food and lifestyle tweaks add up to a healthier you!
• Manage your diabetes with nutritious food and a healthy lifestyle.
• A few simple lifestyle changes, along with healthy food, can help you manage your diabetes.

Diabetes Friendly Foods
• Diagnosed with diabetes? Don’t despair, good food can help you feel better faster.
• Having diabetes doesn’t mean a horribly strict diet. Eat a bounty of colorful and nourishing foods for better health.
• Eat better, feel better, live better.
• Nourishing foods, along with exercise, can help you manage your diabetes.
• Eat your way to better health with colorful, nourishing foods.
• Enjoy colorful nourishing foods and feel better.
• Vegetables, fruits, legumes and more! Lots of delicious foods to enjoy for vibrant health.

Diabetes and Healthy Hydration
• Drinking water is important for a healthy brain and body.
• If you have diabetes, it’s especially important to stay hydrated. Drink lots of water, unsweetened coffee or tea.
• Rather than grab a treat, drink water instead. You actually may be thirsty, not hungry.
• Feeling hungry? Drink a glass of water instead.
• That pang of hunger may mean you’re dehydrated. Drink water to keep hunger at bay.
• Staying hydrated can help alleviate hunger pangs & maybe even weight gain.
• Stay hydrated for good health. Eat plenty of veggies, fruit, & drink 5-7 glasses of water daily.

Diabetes, Food and Exercise
• Being diabetic doesn’t mean skipping carbs.
• Skip carbs? Forgo a meal? Take this quiz to learn the answers.
• Did you know carbs are found in many healthy foods and can be enjoyed by people with diabetes?
• Take this easy quiz and learn how carbs, fats, fiber affect our health.
**Spicy Salmon**

- This fragrant marinade adds a bit of heat to salmon (or your other favorite fish).
- Six simple ingredients add up to big flavor. Try this recipe for Spicy Salmon.
- Who says you can’t eat flavorful food if you have diabetes? Try this Spicy Salmon recipe and see for yourself.

**Farfalle with Avocado Sauce**

- Did you know that pasta is a carb with a low glycemic index? Enjoy it with creamy avocado sauce.
- Avocado and pasta? You bet. It’s a healthy combination for everyone to enjoy, including those with diabetes.
- Oh so delicious and healthy, pasta topped with avocado sauce!
- Blend avocado with garlic, oil and lemon juice for a creamy pasta sauce.
- Top pasta with avocado sauce for a healthy, delicious dish.

**Carbohydrate Common Sense**

- Carbs play a role in a healthy diet, even for those who have diabetes.
- Carbs are found in many healthy foods and shouldn’t be avoided, even for those w/ diabetes.
- Enjoy healthy carbs – fruits, veggies, whole grains and legumes.
- Make your carbs count! Eat healthy ones such as veggies, fruits, whole grains & legumes.
- Carbs fuel our bodies. Enjoy healthy ones like veggies, fruits, legumes & whole grains.
- Keep your body fueled with healthy carbs – fruits, veggies, legumes and whole grains.

**A Dozen Tips for Better Blood Sugar Control**

- Knowing the right foods to eat can help you control your blood sugar.
- Manage your blood sugar level with a healthy lifestyle and diet.
- Avoid the “crash” by eating whole foods that are low on the glycemic index.

**Sprouted Grains for Better Health**

- A magic moment happens when a grain kernel begins to sprout.
- Sprouted grains: lots of nutrition in a little package.
- Only whole grains can be sprouted.
- Sprouted grains (SG) are on the rise. Check your market for SG flours, intact grains, and in minimally-processed foods.
- Sprouted grains are nature’s magical package of nutrients, carbs, and fiber.