



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.