



Food as Medicine

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 hashtags: #foodasmed #foodasmedicine

Chronic inflammation caused by poor diet, smoking and inactivity is at the root of many diseases.

Eat your way to better health – enjoy fruits, veggies, whole grains & beans.

Stop reading this tweet – get up and move!

Small lifestyle changes can reap big health rewards.

[Link to Inflammation Fighting Foods and Lifestyle Tips](#)

Good health starts with a good gut.

Your gut instinct could keep you healthy.

Get to know your good bacteria – fermented foods can help.

What do kimchi, yogurt, sauerkraut have in common? They're fermented & good for you, too!

[Link to Fermented Foods for Good Gut Health](#)

Get healthy with herbs and spices!

Herbs and spices do more than just flavor your food, they have health benefits, too.

Boost your health with herbs & spices, and cut your salt intake at the same time.

Take time for thyme! It's a nutrient dense herb & pairs nicely with lots of foods.

Don't forget to eat your parsley. It's a good source of folic acid.

More than a garnish, parsley is heart healthy, too.

[Link to 12 Great Ways to Use...Herbs and Spices](#)

Another reason to eat more veggies. Leafy greens are heart healthy and so much more.

Go greens! Leafy greens proven to help fight inflammation, a source of many health issues.

Kale, chard and spinach - superheroes in the fight against inflammation.

Eat leafy greens cooked or raw for variety in taste and nutrition.

The darker the leafy green, the healthier it is.

A small amount of full-fat dressing helps absorb fat-soluble nutrients in leafy greens.

[Link to The Power of Leafy Greens](#)



An ounce of almonds provides 6 grams of protein, as much as one ounce of steak!

Oh nuts! They're full of protein, fiber and omega-3 fatty acids.

When you think of protein, do you think of these 6 foods?

There's more to protein than just meat.

Yes, there's protein in that! Try these foods as an alternative to meat.

Protein builds strong bodies. Eat beans, yogurt, eggs, whole grains, seafood & nuts.

[Link to Where's the Beef?: Six Alternate Sources of Protein](#)

Vitamin D is the only vitamin produced by our bodies.

Salmon and other fatty fish are excellent sources of vitamin D.

Besides basking in the sun, you can get your vitamin D by eating fatty fish, mushrooms & eggs.

Be sure to get your D this winter – eat canned tuna or salmon, mushrooms & eggs.

Vitamin D is called the “sunshine vitamin.” Do you know why?

[Link to Delectable D: The Sunshine Vitamin](#)

Fiber has many benefits and helps you feel full longer.

Eat fruits, veggies, whole grains & beans to ensure you're getting enough fiber.

Many Americans fall far short of the RDA of fiber – it's easy to get yours!

Eat plenty of veggies, fruits, whole grains & beans to get your RDA of fiber.

Fiber helps lower glucose and blood cholesterol levels.

[Link to Fabulous Fiber](#)

Eating whole grains lowers inflammation, making them a perfect partner in a healthy diet.

3 servings a day of whole grains can reduce risks of inflammatory diseases.

Each serving of whole grains you eat reduces inflammation markers by 7%.

[Link to Healthy Whole Grains and Inflammation](#)

Try this delicious and heart-healthy way to enjoy beans and whole grains.

Fiber, protein and so much more. Enjoy Brown Rice & Red Beans w/coconut milk

Brown Rice & Beans with a Caribbean flair. Delicious and oh so healthy.

[Link to Brown Rice & Red Beans in Light Coconut Milk Recipe](#)

As colorful as it's healthy – Fiesta Quinoa salad. Yum!

Veggies & whole grains never tasted so good: Fiesta Quinoa Salad.

Chewy, spicy and healthy: Fiesta Quinoa Salad

[Link to Fiesta Quinoa Salad.](#)