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.**