



## **Tweets: Healthy Weight Loss**

*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: #healthywtloss; sensiblewtloss**

### **Shopping for Health**

Shop the whole store to find healthy delicious foods.  
Fresh, frozen, canned or prepared, lots of healthy choices at your grocery store.  
Your supermarket is a treasure trove of healthy foods. Discover them with this guide.

### **Understanding Packaged Food Labels**

Package labels tell you what you're eating.  
The ingredient list can tell you what's really in your food!  
How many calories did you just eat? Check the Nutrition Facts Label to know for sure.  
Disregard claims on the front of packages. Read the Nutrition Facts and ingredient list instead.  
Minimally processed foods can be healthier & generally have 5 ingredients or less.

### **Healthy Weight Quiz**

Gluten free, grain free, low fat. What's the best diet to lose weight? Take this quiz and find out!  
Not all grains are created equal. Take this fun quiz to learn more.  
Do you know what gluten is? Take this quick quiz to find out.  
Is snacking helpful when I'm on a diet? Try your hand at this quiz to learn how.

### **Mindful Eating and Portion Size**

Palm reading. Learn how your hand can measure the perfect portion size for vegetables, grains & meats.  
Fool yourself into eating less and feeling fuller longer.  
Healthy choices are easier when you make them convenient.  
Eat slower, consume fewer calories.

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### **Slimming Down Your Kitchen**

Want to lose weight? Get organized - mind, body, and kitchen!

Save time, money and calories by clearing clutter from your kitchen.

Smaller plates and taller glasses can help you eat less.

Include your kids in food prep, and they'll be more likely to enjoy healthier foods.

### **Breakfast and Weight Loss**

Research shows that eating a healthy breakfast can help with your weight loss goals.

Even the busiest schedules can include time for a healthy breakfast.

Don't skip meals if you want to lose weight.

### **Love Your Lunch**

Cook once. Eat twice. Make extra portions for dinner & enjoy for lunch tomorrow.

Stay on track with your weight goals. Don't skip meals.

Kids love their lunch when they make it themselves.

Pack a light snack with your lunch – you'll stay powered up throughout the day.

### **Smart Snacking Strategies**

A snack a day can help keep your hunger at bay.

Being mindful of what and how much you eat can help with weight loss goals.

Salty, savory, crunchy or sweet. There's a healthy snack to sate your cravings.