



## Heart Healthy

*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.*

**Hashtag: #hearthealthy**

### **Link to Heart-Healthy Heroes**

Eating a range of wholesome foods ensures you a balance of vitamins, minerals & fiber.

Heart healthy berries are anti-inflammatory and full of fiber.

Enjoy the good fats found in olive & avocado oils for heart-healthy flavor.

Healthy heart + happy tummy go hand-in-hand: enjoy these heart-friendly (+ yummy) foods.

Whole grains are heart healthy and most are a good source of protein

### **Link to Three Steps to Flavorful!**

Add flavor as you cook. Here's how.

Boost flavor without salt with these three easy steps.

A healthy fat + an acid + seasonings = one tasty marinade.

Healthy doesn't mean bland. These 3 steps add flavor & texture to your next meal.

### **Link to A Heart-Healthy Start to Your Day**

Breakfast starts the day off right!

Get up and get going with a heart-healthy breakfast.

Eating breakfast can reduce heart disease risk & help with weight loss.

### **Link to Go Med for Middle of the Day Meals!**

The Mediterranean way of eating is delicious any time of the day – including lunch!

Eating heart healthy for lunch is easy with these ideas.

Make your own meze plate for lunch – and make some new friends at work!

Create a soup factory in your freezer and never skip lunch again!

### **Link to Tips for Achieving a Desire Blood Pressure Level**

What you eat can positively affect your blood pressure. Here's how.

Garlic contains allicin, a compound that can lower blood pressure & cholesterol.

Be an ingredient list guru! Know what you're eating to eat less sodium, sugar & "bad" fats.



### **Link to Keeping an Eye on: Sugar**

Natural sugars in healthy foods? No worries. But avoid added sugars.

A 12-ounce carbonated soft drink can contain up to 10 teaspoons of sugar!

Do you know how much sugar you're really eating everyday?

How many grams of sugar = 1 teaspoon? Find out here.

Enjoy unsweetened Greek yogurt with berries or other fruit for a healthy and lite dessert.

### **Link to Keeping an Eye on: Sodium**

Eating too much salt can affect your heart health. Find out why.

Did you know that 75% of the sodium you eat may come from processed foods & salted snacks?

Do you know the top 8 sources of excess sodium in our diets? Check this out.

### **Link to Keeping an Eye on: Fats and Cholesterol**

The type of fat you eat can affect your blood cholesterol. Learn more.

Choose lots of wholesome foods to keep your arteries clear and heart strong.

Choose healthy fats and nutritious foods to keep your ticker in tip-top shape.

Foods high in cholesterol aren't always a culprit in your LDL levels.

### **Link to Fruits and Vegetables for More Fiber**

Dietary fiber in plant foods lowers cholesterol. Eat lots of fruits, veggies, whole grains & legumes.

Did you know meats and fish don't contain fiber, a heart-healthy nutrient?

Eat fruit with its skin on to get the most fiber per bite.

Eat your fruit, don't drink it. Whole fruit has much more fiber than juice.

### **Link to Take Heart & Test Your Food Knowledge**

Do foods high in cholesterol raise your LDL levels? Take this quiz and find out.

What do baking soda, soy sauce and MSG have in common? Learn the answer here.

What role does fiber play in a heart-healthy diet? Find out here.