



## Tweets: Food and Nutrition Myths

*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:

#nutritionmyths #foodmyths

### Handout: Six Supermarket Myths

- Check out a hen's earlobes (who knew?) and you'll know the color of her eggs.  
The color of a chicken determines the color of her eggs.
- Teaspoon for teaspoon raw sugar has the same calories as refined white sugar.
- Store your milk in an opaque carton rather than glass to retain B vitamins.
- Milk is best stored on an interior shelf in the fridge (rather than the door).

### Newsletter: Myth: All Processed Foods are Unhealthy

- Drink 'em, eat 'em: fermented foods are gut healthy.  
Gut-healthy fermented foods include cheese, yogurt, sauerkraut & tempeh.  
Traditional foods are trendy – from artisan cheese to kombucha.
- Travel the world in a jar – try fermented foods like sauerkraut & kombucha.
- Canned foods can be healthy if you choose ones without added salt, sugar & fats.

### Tips: Myth: Eating Healthy Foods is Expensive

- Eating healthy doesn't have to break the bank.  
Fresh, frozen and canned foods – good for you and easy on your wallet.
- Pasta is a convenient healthy food & pairs nicely with vegetables, lean protein & dairy.  
Peas, beans, lentils – oh my! They're versatile, healthy & delicious!

### Blog: Myths: Dairy and Cheese

- Don't ditch the dairy – enjoy it in moderation.  
Lactose intolerance doesn't mean you must leave cheese behind.  
Eaten in moderation, dairy can be heart healthy.
- Trying to lose a few pounds? Eating dairy in moderation may help you eat less!  
Dairy = essential nutrients, vit D & protein. Don't skip it, eat it (in moderation of course).



### **Web: Myth: Foods Containing Cholesterol Should Be Avoided**

Did you know that cholesterol is produced by our bodies and is essential to good health?

Concerned about your blood cholesterol level? Eat healthy fats and whole grains.

Eggs & shellfish don't necessarily raise LDL levels – refined grains & trans fats do.

Keep blood sugar in check, avoid added sugar, refined grains and “bad” fats.

Want a happy ticker? Enjoy a balanced diet of fruits, veggies, whole grains & healthy fats.

### **Article: Myth: I Should Avoid Carbohydrates, Especially if I Want to Lose Weight**

Carbs are essential to good health. Know which are “good” and which are “poor.”

Know your carbs - it's the quality of carbs we eat that matters.

Did you know that fiber is a form of a carbohydrate and important for good health?

### **Blog: Myths: Going Gluten Free is Healthy and Can Help Me Lose Weight**

Gluten free doesn't mean grain free – there's a GF grain to satisfy every taste!

Lots of gluten-free whole grains to enjoy for taste, texture and good health!

From amaranth to wild rice, choose whole grains for nourishment and flavor.