



## Tweets: Plant-Based Diets

*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: #plantbased #eatplants

### FAQ: Plant-Based Diets

Interested in a plant-based diet? These answers can help you get started.

Plant-based diets are healthy for you and the planet.

Research confirms the many health benefits of a plant-based diet.

Full of color, texture and flavor, a plant-based diet is delicious and healthy.

### Plenty of Protein on a Plant-based Diet

There's plenty of tasty protein choices on a plant-based diet.

Veggies, nuts, legumes and more – so many protein choices, so little time.

For breakfast, dinner or a snack in between, try these plant-based foods for your daily protein needs.

### Plant-based Calcium Sources

Almonds, broccoli and beans are just three of many plant sources of calcium.

Almond milk is rich in calcium and a delicious substitute for cow's milk.

Plant-based diets provide many sources of calcium, including almond milk, soy & leafy greens.

### Fruits and Vegetables for More Fiber

There are two types of fiber, soluble & insoluble; both are found in plant foods.

Fiber has so many health benefits – be sure to get yours by eating lots of fruits, veggies and whole grains.

Looking for more fiber in your diet? Check out the produce section at your market!

Cook up a pot of chili and beans and reap the benefits of healthy fiber in your diet.

### 12 Great Ways to Use Canned Beans

Convenient and healthy, canned beans are always ready when you are.

Beans are delicious and versatile, and canned beans are the ultimate in convenience.

Got a can opener? Make a quick and healthy meal with canned beans.

Used in a dip or part of a main dish, canned beans are a cook's best friend.



### **Why Not Enjoy More Whole Grains**

Whole grains are versatile and easy to prepare (and even easier to enjoy!)  
Whole grains can be enjoyed throughout the whole day – from breakfast to dinner.  
Whole grains for the whole day – enjoy them for breakfast, lunch or dinner.  
As easy to cook as rice, whole grains are delicious to enjoy anytime of the day.

### **Inflammation and the Power of Leafy Greens**

Leafy greens are filled with vitamins and nutrients and can help reduce inflammation.  
Inflammation is at the heart of many diseases. Leafy greens to the rescue!  
Leafy greens and olive oil make a healthy and delicious pairing.  
Lightly dress your leafy greens with olive oil; the healthy fat lets you absorb more nutrients.  
Eat a variety of veggies – especially leafy greens to get the full scope of nutrients & vitamins.

### **Grilling Vegetables**

Yum. Grilling imparts a caramelized flavor in foods including vegetables.  
Grilling most vegetables brings out a deep, caramelized taste.  
Use your grill for more than just meat. Grill veggies, too!  
Onions, bell peppers, mushrooms & zucchini. Great choices for the grill!

### **Oodles of Ideas for Enjoying Veggies**

Raw or roasted, veggies are versatile and delicious.  
Add veggies to pasta, use them as a dipper, or add to your favorite sandwich or wrap.  
Eat lots of veggies every day; enjoy them raw, sautéed or roasted  
So many ways to enjoy your veggies every day. Grate them, sauté them, roast them.