



Latin American & African Heritage 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: #traditionaldiet, #traditionalfood, #foodculture

Tips: Sodium and High Blood Pressure

- The standard American diet contains many high-sodium foods that can cause high blood pressure.
- Avoid highly-processed foods to lessen your sodium intake.
- 75% of our sodium intake comes from prepackaged and restaurant foods.
- Shake the salt habit and ramp up the flavor of your food with herbs and spices instead.

Tips: Buying and Storing Herbs, Spices and Oils

- Add excitement to your dishes with herbs, spices and flavorful oils.
- Zesty, piquant, savory – herbs and spices can add layers of flavor to your meals.
- Herbs, spices and flavorful oils can jazz up your cooking with just a sprinkle.
- Traditional cuisines are only a spice jar away.
- Travel the world in a spice jar.
- Epazote, Fenugreek & Harissa are just three of many spices to discover.
- Discover the flavors of your heritage: Epazote, Fenugreek & Harissa.
- Keep fresh and dried herbs on hand to create flavorful dishes. Your ancestors would be proud.

Blog: Grains of African and Latin American Heritage

- Did you know Africa has more native grains than any other continent?
- Millet, barley & sorghum are just a few of the grains used in traditional African cuisine.
- Delicious, healthy and easy as making white rice, whole grains are a nutritional powerhouse.
- From the Andes Mountains to your table, quinoa is a versatile whole grain for side dishes or salads.
- Ancient grains are perfect for the modern cook – versatile, easy to cook and nutritious.
- Hominy & masa harina are forms of maize (corn) used in Latino cuisine.



TWEETS

Web: Tubers and Other Healthy Starches

- Have you had a tuber today? Cassava, potatoes and taro are just a few of these delicious and nutritious root vegetables.
- Tubers are a staple in many traditional diets including Latino and African heritage.
- Baked, boiled or mashed, tubers are a source of healthy carbs, fiber and nutrients.
- Sweet potatoes have some of the highest mineral and vitamin content of any tuber.

Article: Nuts and Seeds – Nature’s Little Nutritional Powerhouses

- Nuts and seeds are enjoyed the world over for their flavor, texture and nutrition.
- Nuts and seeds are perfect for snacks any time of the day.
- Walnuts, popular in Latin American cooking, provide inflammation-fighting omega3 fat.
- Nuts and seeds are high in monounsaturated fat – a good fat that’s heart healthy.
- Nuts and seeds, high in good fats that are heart healthy, make a satisfying snack.
- Did you know peanuts were first grown in South America?

Handout: What Color Are Your Fruits and Vegetables?

- Fruits & veggies come in all shapes and colors, and provide a variety of vitamins & minerals.
- Did you know that the color of your fruit or veggie is a clue to the nutrition inside?
- Red beets, cherries, & red grapes can help you maintain a healthy heart and memory.
- Red, white, blue – and orange & green, too. Fruits & veggies come in all colors giving you lots of nutrients and fiber.
- Remember to eat red and blue fruits & veggies – they may keep your memory sharp!

Guide: Beans and Rice – A Staple of Traditional Diets

- A staple of many traditional diets, beans and rice are a combination made in culinary heaven.
- Incredibly affordable, delicious and nutritious, what’s not to love about beans and rice?
- No matter how you spice them, beans and rice make a versatile, healthy, and delicious dish.

Blog: Cheese in Latin America

- Fresh or melted, cheese is an important ingredient in Latin American cooking.
- From Patagonia to the Rio Grande, cheese plays a role in Latin American cuisine.
- Seek out traditional cheese made with real ingredients for the best flavor and nutrition.
- Small amounts of traditional cheese are healthier than large gobs of industrial cheese.