

SHOPPING & TASTING THE MEDITERRANEAN DIET

TWEETS

These Tweets have been designed to work with resources in this Toolkit.
Use them alone, or post related resources on your website and link to your Tweets.

Optional hashtag #meddiet

Med Diet and Health

Med diet health benefits have been proven over and over with rigorous scientific studies.

Studies show a Mediterranean way of eating is linked with lifelong good health.

The Med diet is the “gold standard” of healthy eating.

Go for the Gold! Enjoy the benefits of the Med diet.

2015 Dietary Guidelines recommend the Med diet as a healthy choice.

Mediterranean Diet Store Tour and Shopping List

The Med diet is not only healthy, it’s budget friendly, too.

Whole grains, seafood, legumes, so much goodness to enjoy.

Take a Mediterranean tour without leaving home...visit your local grocery store!

Try these 8 simple steps to eat healthier and feel better.

Mediterranean Diet Olive Oil Tasting

With 200 varieties of olive oil, you’ll find one that you’ll love (maybe two).

What’s the best tasting olive oil? Trust your taste buds!

Fruity to earthy, there’s an olive oil that’s right for you.

Bake, fry, sauté with olive oil? Yes, you can!

Instead of butter, bake with olive oil.

Cut cholesterol and saturated fat. Bake with olive oil, not butter.

Use different grades of olive oil for different uses – EVOO is best for drizzling.

Use different grades of olive oil for different uses, from frying to baking.

Mediterranean Diet Cheese Tasting

Traditional cheeses like Pecorino + Parmigiano can be part of a healthy diet.

So many cheeses, so little time. Let’s eat!

Are you a cheese wiz?

The harder the cheese, the longer it will stay fresh.

Please don’t freeze your cheese! Freezing affects taste and texture.

Not sure how to choose a cheese? These 6 steps can help.

Mediterranean Diet Cooking Demo

Enjoy this “more than a salad” filled with tuna, veggies, eggs, & potatoes.

Filled with tuna, veggies, eggs & taters, Salad Niçoise is one mean salad.

Salad Niçoise lets you enjoy your protein and veggies on a budget.

Pasta is a perfect canvas for a variety of foods, including nuts and fruit.

Pasta has a low glycemic index and healthy carbs, keeping you fueled & happy.

Wheat berries are the whole intact wheat kernals.

Mediterranean whole grain salads are easy to make & even easier to love!