

Social Media Posts For General Use: June 2012

A [#healthy #diet](#) contains ALL forms of fruits/veggies--fresh, frozen, canned, dried & 100% juice!  
Learn more: <http://ow.ly/aOZHn>

Colors are "in" this season so make your plate a rainbow! Color=Variety=Nutrition!  
<http://ow.ly/aP0sJ>

[#DidYouKnow](#) ...Mangos are the most widely consumed fruit in the world! Here are our Top 10  
Ways to enjoy them: [ow.ly/aNovF](http://ow.ly/aNovF)

Healthy Eating Tip: If you're concerned about sodium in canned veggies, buy lower sodium varieties &  
rinse veggies before preparing/serving.

Learn how spending time in your garden can actually improve your health! [ow.ly/aLMjd](http://ow.ly/aLMjd)

Add more fiber to your [#diet](#)--learn which fruits & veggies contain the most fiber per serving:  
[ow.ly/aK8BG](http://ow.ly/aK8BG)

Don't forget frozen fruit--freezing locks in nutrition & flavor--frozen fruit is ready whenever you  
need it! [ow.ly/aK7JE](http://ow.ly/aK7JE)

If you're considering a vegetarian [#diet](#), learn how to create a balanced eating plan:  
[ow.ly/aK7ad](http://ow.ly/aK7ad)

If you're trying to cut back on the amount of gluten in your [#diet](#), consume more fruits/veggies!  
[ow.ly/aHyq5](http://ow.ly/aHyq5)

Involve your kids in [#gardening](#)--here are 5 easy ways kids can help out & learn the growing  
process: [ow.ly/aHxS0](http://ow.ly/aHxS0)

Saute summer squash w/onion & garlic, add tomato & basil, sprinkle w/Parmesan cheese. Get  
more [#healthy](#) ways to cook: [ow.ly/aHtID](http://ow.ly/aHtID)

Replace 1 cup of coffee w/a glass of 100% juice & when reaching for a snack, try dried fruit--  
ALL forms count! [ow.ly/aFTZi](http://ow.ly/aFTZi)

Berry season is upon us--studies show that eating berries may lower the risk of Parkinson's  
Disease. Learn more: [ow.ly/aFTx8](http://ow.ly/aFTx8)

Don't let your fresh fruit/veggies go to waste! Download & print this handy sheet for best storage  
info: [ow.ly/aFTeg](http://ow.ly/aFTeg)

Grill your fruits/veggies in style w/the Fruits & Veggies—More Matters apron, now for \$13.99!  
<http://tinyurl.com/c2z4bl2>

All chefs need certain tools for the kitchen, get the flexible cutting board & kitchen timer for \$9 this  
month! <http://tinyurl.com/clyvu25>

Want to save money? Learn how to make meals around fruits & veggies! [ow.ly/aFTIS](https://ow.ly/aFTIS)

For the fiber, for the taste, for the vitamins & minerals--get MORE reasons to eat fruits & veggies: [ow.ly/aBkBL](https://ow.ly/aBkBL)

#DidYouKnow ...the average ear of corn has 800 kernels, arranged in 16 rows? Learn more: [ow.ly/aBksZ](https://ow.ly/aBksZ)