

Social Media Posts for General Use: June 2012

For Twitter:

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/aPOsJ>

#DidYouKnow ...Mangos are the most widely consumed fruit in the world! Here are our Top 10 Ways to enjoy them: 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

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

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

If you're considering a vegetarian #diet, learn how to create a balanced eating plan: 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

Involve your kids in #gardening--here are 5 easy ways kids can help out & learn the growing process: 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

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

Berry season is upon us--studies show that eating berries may lower the risk of Parkinson's Disease. Learn more: 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

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

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

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

Cherries, bell peppers & peaches are in season right now--get the full list: <http://ow.ly/b30Uc>

In a salad, as a smoothie or in a parfait--blueberries are in season & we've got our Top 10 Ways to enjoy them! <http://ow.ly/b31se>

#DidYouKnow ...freeze-dried fruits are both nutritious & ready when you need them! ow.ly/aWZ3D

#Healthy Eating Tip: Canned beans are a great addition to salads & soups—not only do they taste great, they add extra protein & fiber!

#Grilling season is here--don't forget the fruits & veggies! Peppers, eggplant, pineapple, squash & peaches are a few to try!

What could be more refreshing than a watermelon popsicle? Here's how to make one: <http://ow.ly/b33fU>

It's the best time of year for cherries! Learn how to select the perfect bunch: <http://ow.ly/b343W>

Here's a tip: The next time you go shopping let your child select what veggie you'll have for dinner—he will be more likely to eat it!

Follow #MyPlate guidelines and replace sugary drinks with water, low-fat or fat-free milk or 100% juice.

When craving a snack, throw out the candy & reach for some nuts & dried fruit instead--you'll get fiber & protein!

Don't forget that fresh fruit, cut up veggies and dried fruit make great take along snacks when hitting the beach or pool.

For Facebook:

What's your favorite fruit or veggie to throw on the grill?

- Eggplant
- Pineapple
- Bell Peppers
- Peaches

- Portabella Mushrooms
- Asparagus
- Leave open for other options

What's your favorite "pick your own" fruit or veggie for summer?

- Peaches
- Strawberries
- Blueberries
- Leave open for other options

If you're planning a Father's Day celebration, what kind of fruits and veggies are you incorporating into the menu?

If you have a vegetable garden, what is ready to be harvested?