



Social Media Messages: WII Nutrition

Below are 10 ready-to-use social media messages developed to use on Twitter, Facebook, and Plan of the Day/Week messages. Coordinate with your local POC for social media to use these in your communications channels. Generally, this will be through the Public Affairs Office.

Recommended Use:

- Select one message from the list below to send out each day during the focus week (for more information, refer to the [Promotional Kit Instructions](#)).
- The same messages can be posted on all three communications channels.
- Copy and paste the message to post on Facebook, Twitter, or Plan of the Day/Week or send to your social media POC for posting.

Note: Links to recommended pictures are also provided. However you may post without the picture, if you desire.

Twitter, Facebook and Plan of the Day/Week Messages:

1. #DYK: Vitamin A, Vitamin C, and Zinc are essential for healing from a wound, illness, or injury. #EatRight #Warrior
Image link: http://phil.cdc.gov/PHIL/Images/13618/13618_lores.jpg
2. For wounded, ill, or injured personnel, Vitamin A helps promote cell growth and development. #EatRight #Warrior
Image link: http://phil.cdc.gov/PHIL/Images/14946/14946_lores.jpg
3. Eat Vitamin A to promote healing. One medium sweet potato contains over 500% of your daily requirements. #EatRight
Image link:
<http://www.defenseimagery.mil/imagery.html#a=search&s=sweet%20potato&chk=6cfe0&guid=b9ba5e338e04e0c365c7d17309f322a2d26e33f0>
4. Eat like Popeye! Spinach is power packed with Vitamin A, an essential nutrient for healing. <<http://go.usa.gov/vygz>> #EatRight #Warrior
5. Plan it, don't skip it. Your body needs nutrients to heal, and skipping meals contributes to unhealthy eating habits. #EatRight #Warrior



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6. Wounded, Ill, or Injured and a smoker? Your daily requirement is 35 mg higher than a non-smoker. <<http://go.usa.gov/vygz>>
7. Surf and Turf for better healing. Seafood and red meat are high in Zinc, which helps fight off invading bacteria and viruses. #Warrior
8. #DYK: Alcoholic beverages decrease the amount of zinc your body can absorb, which may impact healing. <<http://go.usa.gov/vygz>>
9. Wondering how to cook with healing nutrients? Check out the NMCPHC WII Guide to Making Meals that Heal. <<http://go.usa.gov/vygz>> #Warrior
10. Wondering where to get nutrients that heal? Check out the NMCPHC WII Guide to Making Meals that Heal. <<http://go.usa.gov/vyiz>> #Warrior