



HPW Healthy Eating Social Media Messages




Below are eight ready-to-use social media messages developed for Facebook, Twitter, and Pinterest in support of National Nutrition[®] Month. Coordinate with your Public Affairs Office or local POC for social media to use these in your available communications channels.

Recommended Use Instructions:




- Select two messages from the list below to send out each week during National Nutrition[®] Month.
- Copy and paste the message to post on Facebook, Twitter, or Pinterest or send to your social media POC for posting.

Messaging

Post 1:




-  Find the right balance of nutrition and exercise to ensure you maintain a healthy weight.
go.usa.gov/3cmvB #EatRight #NNM
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Post 2:




-  How often do you eat while standing, driving, working on the computer, or watching TV? All of these distractions take away from the food experience of the moment. Learn how to become a mindful eater: go.usa.gov/3cmAY #EatRight #NNM
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Post 3:

-  Taste the fruit and veggie rainbow. Fruits and vegetables contain an abundance of nutrients, and each color boosts different functions in the body. go.usa.gov/c7k8W #EatRight #NNM
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Post 4:

-  Get. The. Facts. If you're considering using dietary supplements, make sure you understand how they can impact your health. go.usa.gov/3cm6W #EatRight #NNM
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-  Get. The. Facts. If you're considering using dietary supplements, make sure you understand how they can impact your health. go.usa.gov/3cm6W #EatRight #NNM

Post 5:




-  Ever cooked with ginger? How about cumin? If not, it's time to spice up your menu! go.usa.gov/3cmum #EatRight #NNM
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Post 6:




-  Healthy eating is one of the most effective ways to improve your health, but what does eating healthy mean for you? go.usa.gov/3cmJY #EatRight #NNM
-  Healthy eating is one of the most effective ways to improve your health, but what does eating healthy mean for you? go.usa.gov/3cmJY #EatRight #NNM
-  Healthy eating is one of the most effective ways to improve your health, but what does eating healthy mean for you? go.usa.gov/3cmJY #EatRight #NNM



Post 7:

-  #DidYouKnow: Making smart food choices every day and including all five food groups in your diet is just as effective as taking supplements, and in many cases is even better for you! go.usa.gov/c7kXe #EatRight #NNM
-  #DYK Making smart food choices and eating all 5 food groups in your diet is, in many cases, a better choice than supplements! go.usa.gov/c7kXe
-  #DidYouKnow: Making smart food choices every day and including all five food groups in your diet is just as effective as taking supplements, and in many cases is even better for you! go.usa.gov/c7kXe #EatRight #NNM

Post 8:

-  Cookies, pizza, ice cream...is this what's in your cart when you leave the grocery store? Use this map to help yourself and others avoid those aisles that tempt you with unhealthy foods and instead fill up on healthy options! go.usa.gov/3cmSx #EatRight #NNM
-  Use this map to avoid those aisles that tempt you with unhealthy foods and instead fill up on healthy options! go.usa.gov/3cmSx#NNM
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