



Twenty Tweets About Healthful Diets And Weight Loss

Need some quips to Tweet to your shoppers? Here are twenty comments for your Twitter feed about healthy diets and weight loss.

Healthiest diet: Wide variety of foods, all eaten in moderation. Nothing new, nothing glam, but still the best advice! #WFC

Confused about gluten-free diets? Remember this: Going gluten free is 4 people who can't digest gluten, not a weight loss plan. #WFC

Fad Diets sell books & foods but don't help those who need it most – consumers who want 2 lose weight! See an RD 4 nutrition advice. #WFC

February is Hot Breakfast Month! A warm breakfast starts a cold day off right. #WFC

Biggest danger of Fad Diets? Deprivation of nutrients! Carb-free diets risk insufficient intake of b-complex vitamins, 4 example. #WFC

Anybody else tired of Senseless Science, aka Fad Diet News? If a weight loss plan sounds 2 good 2 B true, it is! #WFC

"Make Half Your Grains Whole" is USDA's mantra to encourage whole grain consumption. Have u eaten whole wheat bread today? #WFC

Did you know that wheat has been part of the human diet for over 10,000 years? And we still love it! #WFC

100 yrs ago, we ate 200 lbs wheat/ year. No obesity problem. Now, wheat consumption at 131 lbs & highest obesity rate in history. #WFC

Low-fat high fiber bread can be best fat-fighting friend in your diet. Use a little olive oil instead of butter for heart health. #WFC

Bread is enriched to replace the thiamin, riboflavin, niacin, folic acid and iron that is lost during the milling process. #WFC

Despite how much you may hear about it, only 1% of Americans have celiac disease & truly can't eat wheat. #WFC

Want to reach a healthy weight and stay there? Out: Dieting. In: An overall healthy lifestyle, including exercise. #WFC

Fad diets R particularly hard on kids & teens. Too many important nutrients are missed in foods that are eliminated. Don't go there! #WFC

Tip: If a diet plan requires u 2 either eliminate a certain food or binge on a certain food, it's a no-win, not healthy "fad" diet! #WFC

A fad diet may cause you to lose muscle, not fat. Not smart! #WFC

Breakfast: Still most important meal of day! 4 Hot Breakfast Month, try protein (eggs) + carbs (toast) 2 start your day off right. #WFC



Besides weight control, look to whole wheat to act against diabetes, heart disease & certain cancers. #WFC

For weight loss, remember portion control. Beats food elimination every time! #WFC

Whole wheat grains are part of weight control: Women who eat them are 49% less likely to gain weight, says Harvard study. #WFC (1)

1) American Journal of Clinical Nutrition. Harvard University Nurse's Study.

