
Core Nutrition Message Tweets



Target Audience – Moms of kids ages 2-10 yrs:

1. Use “Mom Power” to help moms switch to low fat milk using msgs, widgets, videos, refreshing recipes & more: <http://1.usa.gov/1fvvpjz>#NutrMSGs
2. Offer kids whole grains like oatmeal, then let them choose. For other #NutrMSGs to inspire moms: <http://1.usa.gov/1fvvpjz>
3. Use fat-free or low-fat milk: same key vitamins, minerals & protein as whole milk, w/o the extra fat: <http://1.usa.gov/1fvvpjz> #NutrMSG
4. Strong bodies need strong bones – here are some recipes for simple but tasty dairy treats: <http://1.usa.gov/1fvvpjz> #NutrMSG
5. Change slowly-If you drink whole milk, change to 2% fat milk, then to 1% & then fat-free milk <http://1.usa.gov/1fvvpjz> #NutrMSG
6. Don't like milk? Try low-fat/fat-free yogurt & cheese, or use milk in a recipe. Build strong bones & teeth! <http://1.usa.gov/1fvvpjz> #NutrMSG
7. Teach your kids enjoy the goodness of whole grains with a fun game: <http://1.usa.gov/OZuGup> #NutrMSGs
8. Your kids can have fun while learning about great foods like whole grains, f & v and low fat milk: <http://1.usa.gov/OZuGup> #NutrMSGs
9. What goes great with oatmeal? Play this game to find out! <http://1.usa.gov/OZuGup> #NutrMSGs
10. Want a whole grain version of your kids' favorite foods? Check out these recipes <http://1.usa.gov/1fvvpjz>. Kids can help make them! #NutrMSGs
11. Happy kids, happy tummies. Whole grains, like brown rice, help keep kids happy, healthy and regular: <http://1.usa.gov/1fvvpjz> #NutrMSGs
12. Dietary Guidelines recommends eating more whole grains; here are some ideas: <http://1.usa.gov/1fvvpjz> #NutrMSGs
13. Are your kids eating well? Go beyond 1 meal; keep in mind what your child eats over time.1 mom's story:<http://1.usa.gov/1fvvpjz> #NutrMSGs

14. Liking new foods may take time. Offer new foods many times, served a variety of ways
<http://1.usa.gov/1fvvpjz> #NutrMSGs
15. Kids learn by watching you. Eat fruits and veggies and your kids will too!
<http://1.usa.gov/1fvvpjz> #NutrMSGs
16. Discover the goodness of whole grains. Easy and delicious whole grain recipes:
<http://1.usa.gov/1fvvpjz> #NutrMSGs
17. Especially for Moms: tools for you to help your kids to eat healthy foods, with videos, recipes & more! <http://1.usa.gov/1fvvpjz> #NutrMSGs
18. Helping kids learn to make healthy food choices, in 5 easy steps. Great ideas!
<http://1.usa.gov/12BDcLm> #NutrMSGs
19. Let your kids be produce pickers. Help them pick fruits & veggies to buy, then try one of these recipes: <http://1.usa.gov/1fvvpjz> #NutrMSGs
20. Great video shows how 1 mom helps her family eat healthier with 2 rules: eat together and keep it relaxed <http://1.usa.gov/1fvvpjz> #NutrMSGs
21. How to tell if it's whole grain? This useful factsheet will help you choose whole grains:
<http://1.usa.gov/1ke5Edr> #NutrMSGs
22. Cook together. Eat together. Talk together. Make mealtime a family time.
<http://1.usa.gov/1fvvpjz> #NutrMSGs
23. Enjoy each other while enjoying family meals. Here are recipes to help:
<http://1.usa.gov/1fvvpjz> #NutrMSG
24. Let your kid snack like a superhero with milk and then play this Track & Field Fuel-Up Challenge: <http://1.usa.gov/OZuGup> #NutrMSG
25. The School Breakfast Program is one way to help your kids start every day the whole grain way. <http://1.usa.gov/1fvvpjz> #NutrMSG
26. Kids need to eat smart to play hard, help them learn that with this fun activity sheet
<http://1.usa.gov/1bvYpbT> #NutrMSG
27. This fun activity can help kids learn healthy habits about fueling up with fruits & veggies!
<http://1.usa.gov/1BobSB> #NutrMSG