



*General TIPS for Creating Facebook Posts:*

- *Use post as “teaser” to entice followers to click through links. Give a brief point about the link that makes someone want to find out more.*
- *Images tend to get better engagement than text-only, links or videos.*
- *Keep posts short and to the point.*
- *Ask questions at the end of the post, which is more like a natural conversation, to encourage followers to engage with your post.*

*TIPS for Diet Quality Posts:*

- *Use images to post recipes*
- *Be careful when walking the fine line between disease prevention and disease management*
- *Don’t be disparaging to single foods, commodities or industries (straight from SNAP-Ed’s Program Integrity Tool)*
  - *Ex: instead of “limit soda” use “limit sugar-sweetened beverages”*
- *Avoid using brand names or specific retailers*

**This document contains more than 52 different posts about Diet Quality. The intention is that these posts will provide you with one post per week for a year if posting Monday - Friday.**

**Diet Quality Social Media Posts**

1. Cut Calories By Choosing Fruits and Vegetables. Check out the side-by-side comparisons. <http://extension.org/19887>
2. Try these tips to enjoy more fruits and vegetables!  
<http://extension.org/19871>
3. Fill up with fewer calories by choosing fruits and vegetables.  
<http://extension.org/19889>
4. Getting your kids to eat more fruits and vegetables—no bribing necessary.  
<http://extension.org/20274>



Expanded Food and Nutrition Education Program  
EFNEP Social Media Committee

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5. There's more than one way to eat your vegetables!  
<http://extension.org/54322>
6. Small tummies need small food portions. How Dishware can Influence Serving Size - eXtension <http://extension.org/65012>
7. Think skipping breakfast is no big deal? Think again.  
<http://tinyurl.com/bll3ya3>
8. Breakfast is the most important meal of the day. Here are some tips to turn breakfast into a habit. <http://tinyurl.com/cbwsll9>
9. Find out why kitchen time may be the prime opportunity to help your kids with listening and learning! <http://tinyurl.com/7oeye82>
10. Try adding fresh spinach to salads and sandwiches. Spinach may help ward off diabetes and heart disease and is rich in iron.
11. Give yourself and those you love the goodness of whole grains.  
<http://bit.ly/11BiEeW>
12. Buy tuna canned in water to save calories. You will also get the most heart-healthy Omega-3 fat from water-packed tuna. When you drain the tuna canned in oil, some of the Omega-3's are lost.
13. Dietary fiber from fruits, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber.
14. There is a lot of buzz these days about gluten-free diets. Katherine Tallmadge, R.D., a registered dietitian, says that most people shouldn't go gluten-free. If you are considering making the change, she suggests first visiting your doctor, and an appropriate specialist like an allergist or a gastroenterologist.
15. Check out this great guide, "Change Your Salty Ways In Only 21 Days," for helpful tips on how to reduce sodium in your diet. Does anyone want to join me in the challenge?  
<https://www.facebook.com/photo.php?fbid=376439429145916&set=a.347454942044365.1073741828.343336589122867&type=1&theater>



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16. Craving something sweet? Snack on a handful of nuts, dried fruit, pretzels and a few chocolate chips. The sweetness from the fruit and chocolate will satisfy your sweet tooth, and the nuts and pretzels will keep you feeling fuller longer.
17. Try eating slower this week. One study showed that women who inhaled a pasta lunch in nine minutes ate 646 calories. Those who took their time (about half an hour) consumed almost 70 fewer calories. And not only did they eat less, they felt fuller!
18. Beans, beans the magical food! Beans are a great source of protein, high in fiber, and a great source of vitamins and minerals. The best part is dried beans are cheap to buy at the store and have a long shelf life! Check out this website for some tasty bean dishes!  
<http://www.thekitchn.com/beautiful-beans-15-delicious-r-142106>
19. Try adding kale to your smoothies to give them an extra health boost! It is a great way to get your kids the great health benefits in a tasty snack that they will actually eat. See the smoothie recipe below and simply add in a handful of kale! It is in season and can be found for great prices at the grocery store!  
<https://www.facebook.com/photo.php?fbid=389408307849028&set=a.347454942044365.1073741828.343336589122867&type=1&theater>
20. Sweet potatoes are a popular super food. Try cooking them in the microwave for 7-10 minutes for easy cooking.
21. Read today's blog for great tips on DIY Meal Kits for kids!!  
<http://blogs.extension.iastate.edu/foodsavings/2013/09/09/do-it-yourself-meal-kits-for-kids-better-nutrition-lower-cost-and-less-waste/>
22. Want to be a smarter snacker? Check out these tips and recipes!  
<http://tinyurl.com/pvsw2pq>
23. Satisfy your sweet tooth with fruit – they're full of fiber, vitamins and minerals! Here are some tips to get you started!  
<http://extension.org/21510>
24. Why “eat a rainbow” of fruits and veggies? Each color contains a different nutrient that your body needs to stay healthy. Add color to your lunches with these tips. <http://extension.org/32301>



25. They're low in calories but high in the nutrients your body needs to stay healthy! Here are some great ideas to add in those veggies!  
<http://extension.org/19881>
26. Not all grains are created equally. Go whole for big health benefits. Find out why and how to eat more whole grains. <http://tinyurl.com/ozehoqe>
27. If children stay in touch with hunger and fullness cues, they'll be more likely to maintain a healthy weight as they grow up. Here are some tips for teaching children to listen to their own bodies: <http://extension.org/65014>
28. Want your child to have a healthy relationship with food? Parents decide what, when and where the child eats, and children decide how much and whether they eat. <http://tinyurl.com/qd44ljz>
29. Whole grains give your diet a healthy boost! Add whole grains to your favorite recipes with these tips: <http://tinyurl.com/ovsb2va>
30. Planning ahead can help you eat more nutritious meals and snacks. Try cutting up a batch of bell peppers, carrots, or broccoli when you have some time, and store them in a container in the refrigerator. Add them to a salad, soups, stir-fry or enjoy with hummus.
31. When recipes such as dips call for sour cream, try substituting plain yogurt. Yogurt is lower in fat and higher in protein, calcium and B-vitamins.
32. To cut down on fat in creamy soups, mashed potatoes, pumpkin pie, etc., try substituting evaporated milk for cream. Heavy cream has twice as many calories and five times the fat! Note: Evaporated milk won't whip or thicken the way cream does.
33. Moving from mindless munching to mindful eating can help with weight loss! Here are some tips for eating more mindfully:  
<http://tinyurl.com/p4djap9>
34. Studies show that children who eat breakfast concentrate better and solve problems better more easily. For a healthier breakfast option, try a whole wheat English muffin with peanut butter instead of a bagel and cream cheese.



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35. Looking for a healthy snack idea? Rather than ice cream try frozen grapes! They are healthy, sweet and cold—great for a hot day!
36. Pizza can be healthy—go for a thin whole grain crust and pile on yummy veggies instead of meats. What are your favorite veggies to add?
37. Healthy snacking is not always easy. What are some of your favorite healthy snacks?
38. Throwing a few handfuls of spinach and spaghetti sauce in a blender then serving hot over whole-wheat pasta is one way to add more veggies to your diet.
39. In honor of National Dairy Month, this fact sheet is all about the Dairy Group of MyPlate. See how calcium-rich dairy affects your health.  
<http://tinyurl.com/o963dsm>
40. Feed your toddler's independence with these healthy finger foods.  
<http://tinyurl.com/otwvvmx> Healthy food choices at a young age help build a foundation for a healthy life.
41. Learn what produce are in season and get some great recipe ideas:  
<http://tinyurl.com/obx36p4>
42. They learn from watching you. Eat fruits and veggies and your kids will too.  
<http://tinyurl.com/o7oe6bj>
43. Family meals promote healthy eating habits that last a lifetime.  
<http://tinyurl.com/nzx2szg> Make it a goal to eat together as a family at least a few times each week, no matter how busy it gets.
44. Make a plan for snacking to help your kids Eat Smart  
<http://tinyurl.com/pfjlebW> Planned snacking can help kids have better appetites for meals and meet nutritional needs without unnecessary weight gain.
45. Whole grains can be healthy snacks. Learn how you can make half your grains whole grains! MyPlate 10 tips is a great resource!  
<http://tinyurl.com/nk5h4hj>



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46. There are many reasons to eat more fruits and vegetables. Here is a list of ten reasons that we think are important: <http://tinyurl.com/plrj3ax>
  
47. Want to improve your child's math skills and have help in the kitchen? Check these tips:  
<http://www.redbubble.com/people/cooksmarts/works/11887994-cook-smarts-how-to-involve-kids-in-the-kitchen-infographic>
  
48. Sweet? Salty? Or spicy? Check here for tips to add flavor to popcorn without extra calories and fat:  
[http://www.sparkpeople.com/blog/blog.asp?post=23\\_ways\\_to\\_top\\_your\\_popcorn\\_for\\_under\\_150\\_calories](http://www.sparkpeople.com/blog/blog.asp?post=23_ways_to_top_your_popcorn_for_under_150_calories)
  
49. Are you tired of packing the same food for lunch? Do you pack processed, high sodium and high calorie foods? The next time you pack lunch, think beyond the typical sandwich. Try new food combinations with lots of colors and textures like a cheese and vegetable kebab. Who says a lunch bag has to be boring?  
<http://school.familyeducation.com/slideshow/lunch/66587.html?page=2>
  
50. Stocking your pantry and freezer with basic foods that can be used to make a lot of meals can help you save time, money, and trips to the store. Check out this basic list which can be the beginning point for planning meals.  
<http://food.unl.edu/basic-foods-cupboard-fridge-and-freezer>
  
51. Does your child come home from school hungry? Hungry kids typically eat whatever is available, so why not stock your kitchen with healthy snacks that are oh, so good! Check out this list to help you stock your pantry for those little snackers: <http://nutritionforkids.com/afterschoolsnack.pdf>
  
52. Fruit can be enjoyed in different forms, whether it's fresh, frozen, dried, or canned. When choosing which fruits to eat to get at least two cups daily, aim for fresh fruits the most often. Fruit juice, dried fruit, and fruit canned in light syrup can be part of a healthy diet, but are higher in sugar than fresh fruit, so they are better eaten less often. Fruit canned in heavy syrup is very high in sugar and should only be chosen once in awhile.



53. Get your week off to a delicious start with a bowl of oatmeal! Oatmeal is a quick breakfast option that can help keep you full throughout the morning. It can even be “dressed up” in many different ways, with toppings including spices, fruit, and nuts or nut butter. Try this Golden Apple Oatmeal for a taste of autumn!  
[http://www.quickhealthyrecipes.msstate.edu/view\\_recipe.php?recipe=6&itk=4a378aaf4502bb751d4bd24e59cf78c3](http://www.quickhealthyrecipes.msstate.edu/view_recipe.php?recipe=6&itk=4a378aaf4502bb751d4bd24e59cf78c3)
54. **For September:** Join us this month as we talk about ways to make better choices regarding food and increase physical activity to combat childhood obesity. Look for simple tips and recipes.
55. Trail mix can be a delicious and healthy snack with endless possibilities of choices! Try different kinds of nuts or seeds, dried fruit, pretzels, or even cereal to make a personalized treat. What’s your favorite way to make trail mix?
56. Can you think of a better time to catch up on everybody’s day than over a good meal? Shared mealtime can bring your family (and friends) closer together as you share the ups and downs of your day and encourage one another! You can create a positive meal atmosphere by planning ahead for it, spending the whole mealtime together, and practicing table manners. Start tonight and see what a special time this can be for your family!
57. Looking for a way to add more seafood in your diet? Try a warm, toasted tuna melt sandwich! The protein from the tuna combined with the fiber in whole-wheat bread can make for a delicious lunch that can help keep you full through the afternoon. Check here for the recipe:<http://cookingmatters.org/recipes/tuna-melt> . YUM!
58. Eating meals together as a family can be very challenging. Baseball practice, dance rehearsal, soccer, and other extracurricular activities make it almost impossible. Make a pact with your family today to eat more meals together, and enjoy the time together to reconnect. For some fun conversation starters, check here:<http://thefamilydinnerproject.org/co.../conversation-starters/> . What do you and your family talk about during meals? Share your ideas below.



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59. Are you worried about the amount of sugar in your drinks? Make sure to double check the nutrition facts label to know how much sugar you're drinking! <http://bit.ly/1l2OrXH>
60. Do you LOVE popcorn as much as we do?! Popcorn is a whole grain and makes for a healthy, easy snack. Premade popcorn can be high in fat & salt. Watch this video to learn how to make homemade healthy microwave popcorn! <https://youtu.be/4b76cg64hgw>
61. Ever find your hand at the bottom of an empty bag when you only planned on eating one chip? To prevent mindless eating, serve snacks in a bowl and don't eat foods directly out of the bag or box. If you are still hungry, you can always refill your bowl.
62. Finding it hard to incorporate fruits into breakfast? Berries make a sweet, fresh, healthy alternative to maple syrup for pancakes & waffles. The berries offer a lot of awesome vitamins & minerals to start your day off great and are also delicious!
63. Make your fruits & veggies easy to grab & go! As soon as you get home from the grocery, chop them up, put them in meal-sized containers, and store at eye level. When you're looking for a quick snack or topping for an easy salad, grab your already prepared fruits & veggies! Keep chopped vegetables like carrots, cucumber, broccoli, and peppers
64. Canned, single serving fruits seem like a healthy, grab & go snack but watch out! These tasty, little fruit treats can be full of added sugar and unnecessary calories. Make sure to choose options that are packaged in 100% juice or in water, so you can enjoy your fruit without the worry!
65. Meat can be expensive & why limit yourself when there are so many awesome protein sources that are much cheaper than meat? Beans, nuts, seeds, peas, tofu, and soy products will open up new options for healthy mealtimes and still give your body the protein it needs!. What's your favorite meatless meal?
66. At the end of the meal, do you ever feel like you need a bigger pair of pants? Many times we overeat just because the food is on the plate and sitting in front of us. To prevent this, try switching to small (salad) plates. It's better to refill your small plate if you are still hungry than to overfill a large plate and feel stuffed! We often don't even realize when we're overeating.





67. Are you a breakfast skipper? If you wait to eat until lunch, you are putting your body through quite a long fast! Think about it, you probably ate dinner around 6-7 the day before. That's likely over 12 hours! Opt for b-fast foods that are low-fat, high-protein, & high fiber options such as toast with peanut butter or oatmeal with fruit to keep you full & healthy!
68. Looking for a healthy snack for your 4th of July party? Enjoy the red, white & blue skewers with red berries, blue berries, & apple chunks or banana slices (dipped in lemon juice) to make a flag! Have the kids help make them. Kids are more likely to eat foods they help prepare!
69. Need some quick, easy, nutritious breakfast ideas? Check out these 15 On-the-Go Breakfast Ideas from Parenting.com that will get you out the door in the morning with breakfast in a snap!  
<http://www.parenting.com/gallery/on-the-go-breakfast-recipes>
70. Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. To help you and your kids select a satisfying snack visit  
<http://www.choosemyplate.gov/ten-tips-snack-tips-for-parents>
71. Celebrate everything Seussical by making green eggs and ham. Simply add some spinach to your eggs and blend it all together in a blender. Cook in a skillet until done. Add a slice of low-sodium ham, a piece of fruit and a glass of milk to make a fun breakfast sure to delight the kids!
72. Dried fruits are an easy snack to take with you everywhere. They are portable and don't need refrigeration. A serving of dried fruit is only ½ cup. Keep in mind, dried fruits are higher in calories and sugar because they are more concentrated once the water has been removed. Think outside the raisin box and try some dried banana chips, apricots, cranberries or apples.
73. What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Tips to help you make better beverage choices can be found at:



<http://www.choosemyplate.gov/ten-tips-make-better-beverage-choices#sthash.lEhqJDLZ.dpuf>

74. Whole grains are important sources of nutrients like zinc, magnesium, B vitamins, and fiber. There are many choices available to make half your grains whole grains. But whole-grain foods should be handled with care. Over time and if not properly stored, oils in whole grains can cause spoilage. Consider these tips to select whole-grain products and keep them fresh and safe to eat.

<http://www.choosemyplate.gov/ten-tips-choosing-whole-grain-foods#sthash.A2bpJiTf.dpuf>

75. Make yourself a priority and take time to care for yourself. ChooseMyPlate.gov helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

<http://www.choosemyplate.gov/ten-tips-make-better-food-choices#sthash.SmyfRfmE.dpuf>

76. Preschoolers love to copy what their parents do. They mimic your table manners, your willingness to try new foods, and your preferences. Take a break from the TV or phone and build healthy mealtime habits together. - See more at:

<http://www.choosemyplate.gov/build-healthy-mealtime-habits#sthash.y7lxdr4P.dpuf>

77. Want to add some flavor to your water? Check out these 7 ways to make water taste better.

<http://www.everydayhealth.com/water-health/drinking-water-taste.aspx>

78. Although adults usually decide what kids eat, we all know that kids eat what is available. Therefore, surrounding them with healthier options leaves them no choice but to eat better food. <http://www.letsmove.gov/healthy-families> has great tips for helping your family make healthy food choices.