

SOCIAL MEDIA POSTS

Connect with your followers and inspire a healthy lifestyle with regular nutrition messages posted on your social media channels. These dietitian-developed social media posts are appropriate for Twitter or Facebook.



Turn up the **#nutrition** power of your **#diet** with a handful of **#nuts** each day!

DYK **#pistachios** have only 160 calories in 49 kernels? That's skinny **#snacking!**

Perfect **#snacking** with **#pistachios**=**#protein** + healthy fats + fiber

#Heart friendly habit: a handful of #nuts a day **#pistachios**

Fuel your **#fitness** with **#pistachios**
<http://www.americanpistachios.org/Post-Exercise-Aid>

#Healthy #clean #snacking on the go:
1 oz of **#pistachios**

#Slim #snack #tip: 49 kernels
#pistachios = 160 cal + 6 g pro

Enjoy good **#fats**, such as **#pistachios**, as part of **#Mediterranean #diet**

Get **#cooking #nutritious** meals **#RD approved #recipes**
<http://www.americanpistachios.org/recipes-and-snacking/recipes/course/smart-recipes>

A new spin on **#hummus** for **#veggies**
<http://www.americanpistachios.org/recipes-and-snacking/recipes/light-pistachio-hummus-sharon-palmer-rdn>

Make your **#salads** sing with a sprinkling of #pistachios for flavor and nutrition

Dinner? **#Quinoa #Kale** Risotto
#pistachios

<http://www.americanpistachios.org/recipes-and-snacking/recipes/quinoa-kale-risotto-pistachios>

A handful of **#pistachios** is **#heart** friendly
<http://www.americanpistachios.org/Heart-Health>

#Pistachios fit into a blood sugar management **#diet**

<http://www.americanpistachios.org/Blood-Sugar-Management>

#DYK #pistachios have less calories than you think?

<http://www.americanpistachios.org/Weight-Management>

Eating **#pistachios** out of the shell can cut **#calories**

<http://www.americanpistachios.org/Weight-Management>

#Veggie food **#Pistachio** Arugula **#Salad**

<http://www.americanpistachios.org/recipes-and-snacking/recipes/pistachio-arugula-brown-rice-salad>

