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


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


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