

May Tweets for General Use

1 serving of spinach provides 70% Vitamin A, 25% Vitamin C & 20% Iron, Popeye knew what he was talking about! ow.ly/aw0L9

A must-try [#recipe](#): Tequila Champagne Mango & Avocado Dressing: ow.ly/avZKm

[#DidYouKnow](#) ...on average there are 200 tiny seeds on every strawberry! Learn more about this tasty spring fruit: ow.ly/avZvn

6 common phytochemicals you may know about, how they benefit you & what fruits/veggies contain them: ow.ly/avrBv

Discover the Champagne Mango--royalty of the produce section! ow.ly/auuki

Don't forget about canned veggies! They're convenient, healthy and budget friendly--learn more: ow.ly/atQ0N

Ever tried a winged bean?? Almost every part of this unique plant is edible--learn more: ow.ly/anYqU

Tonight's dinner: California Avocado Tacos--just add leftover chicken to turn into a satisfying main dish: ow.ly/anXzX

Trying to lose weight? The # 1 diet trick is to eat fruits & veggies! Learn more: ow.ly/anUBV

Studies show that adding low fat dip to veggies may increase the amount of them kids eat. Read more: ow.ly/anU6G

A 5 oz serving of asparagus provides both Vitamins A & K for only 20 calories! Learn more: ow.ly/anPHt

Did you know ...freezing locks in flavor & nutrition of frozen fruit + they're ready to use anytime! ow.ly/anP5E

The Dietary Guidelines call for Americans to eat more nutrient-rich foods. Fruits/veggies provide these nutrients: ow.ly/amqGf

Buying produce in season not only provides fruits/veggies that are flavorful, it saves you money! What's plentiful now: ow.ly/amqiB

Celebrate the season--get out and get moving--your body will thank you!! ow.ly/al7dR

Follow the rainbow ...see why eating a colorful variety of fruits & veggies each day is important to your health: ow.ly/aj2AM

Hey Mom! If you're looking for an after-school snack for your kids, don't forget fruit! Here are the Top 10: ow.ly/aj2IZ

Shopping for fruits/veggies--a [#healthy](#) choice can be an easy choice if you follow these easy steps: <http://ow.ly/ax0Jg>

Grill eggplant, zucchini & portabella mushrooms to use in a wrap. Get more [#healthy](#) ways to cook: ow.ly/arwth

Bake an apple for dessert--fill the core w/dried fruit & nuts. More [#healthy](#) ways to cook fruits/veggies: <http://ow.ly/ax1WW>

Healthy Eating Tip: Replace a cup of coffee with one cup of 100% juice!

Extend your Cinco de Mayo events through May w/our Spanish nutrition education products: <http://ow.ly/axlrs>

Teach your child about nutrition first hand with our Growing Vegetable Soup book & tomato seed packet set: <http://ow.ly/axIST>