

Community Toolkit: Food & Nutrition

Social Posts and Graphics

The following social media posts can be used on your social feeds to inform your constituents and members of the community about the importance of nutrition in maintaining and improving health and well-being.

The following content may be included in the posts or you may also link to your own web page or resources:

- Hashtags: #nutrition #eatingforhealth #foodismedicine #healthyfoodhealthyyou
- Florida Blue BlueAnswers Eating for Your Health Article URL: floridablue.com/healthyfoodhealthyyou
- Dietary Guidelines for Americans: <https://www.dietaryguidelines.gov/>

GENERAL SOCIAL POSTS

Do you know that eating a balanced diet full of nutritious foods can lower your risk for conditions like Type 2 diabetes, heart disease and some types of cancer? Find out more about the dietary guidelines and how eating healthy foods can improve your health. <https://www.dietaryguidelines.gov/>

Do you know that eating nutritious foods can help improve conditions like high blood pressure, Type 2 diabetes and heart disease? Find out more about the dietary guidelines and how eating healthy foods can improve your health. <https://www.dietaryguidelines.gov/>

SOCIAL POSTS TO BE USED WITH GRAPHICS (see next page)

Top Five Tips Listicle

With so much advice about our diet, it's hard to know where to start. Keep these five things in mind when you're shopping and planning meals to make sure your diet is full of nutritious (and delicious) foods. Because healthy food leads to a healthy you.

Portion Sizes Infographic

Has anyone ever asked you how many servings of fruits and vegetables you eat a day? It's hard to answer when you can't visualize a serving size. Use this handy portion size cheat sheet to make sure you're getting enough healthy foods. And maybe not too much of those high fat foods. Hello pair of dice...we're talking to you!

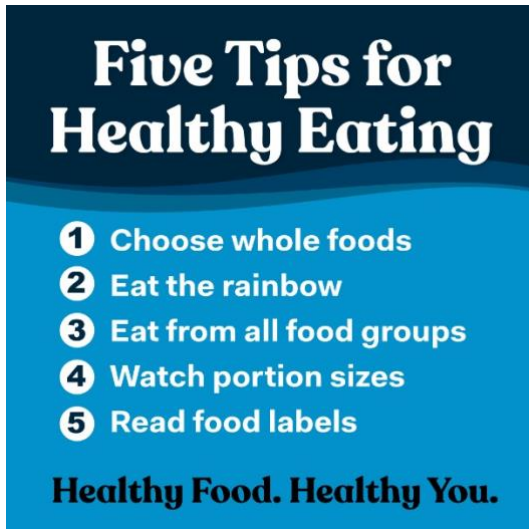
Nutrition Label Infographic

Do you blank out when you look at a nutrition label? It's hard to know which things are most important. Check out these five items to help you get a healthy and balanced diet. Because healthy food leads to a healthy you.

Eat the Rainbow Infographic

Looking for a way to get more healthy fruits and veggies into your diet? Eating the rainbow is a fun and yummy way to make sure you're eating healthy foods. Who knew rainbows were so delicious?!

Top Five Tips Listicle Graphic



Five Tips for Healthy Eating

- 1 Choose whole foods
- 2 Eat the rainbow
- 3 Eat from all food groups
- 4 Watch portion sizes
- 5 Read food labels

Healthy Food. Healthy You.



5 consejos para Alimentarse de Manera Saludable

- 1 Elija alimentos integrales
- 2 Aliméntese con los colores del arcoíris
- 3 Coma todos los grupos de alimentos
- 4 Controle el tamaño de las porciones
- 5 Lea las etiquetas de los alimentos

La Comida Saludable nos Mantiene Saludables.

[Download .zip file of social media graphics for Instagram, Twitter, Facebook and LinkedIn \(English & Spanish\)](#)

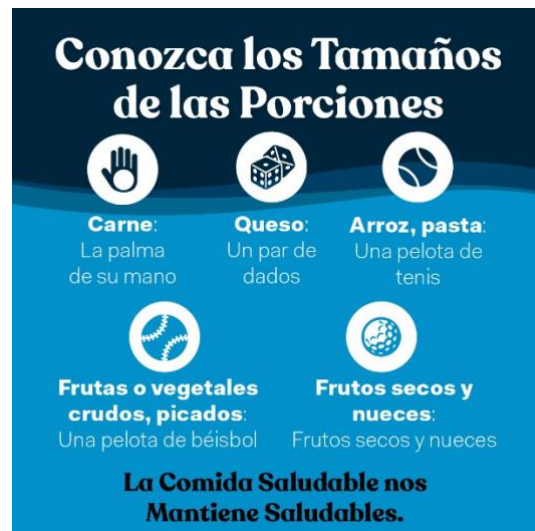
Portion Sizes Infographic







Know Your Portion Sizes

 Meat: Palm of your hand	 Cheese: A pair of dice	 Rice, pasta: A tennis ball
 Cut-up raw fruit, vegetables: A baseball	 Dried fruit, nuts: A golf ball	

Healthy Food. Healthy You.



Conozca los Tamaños de las Porciones

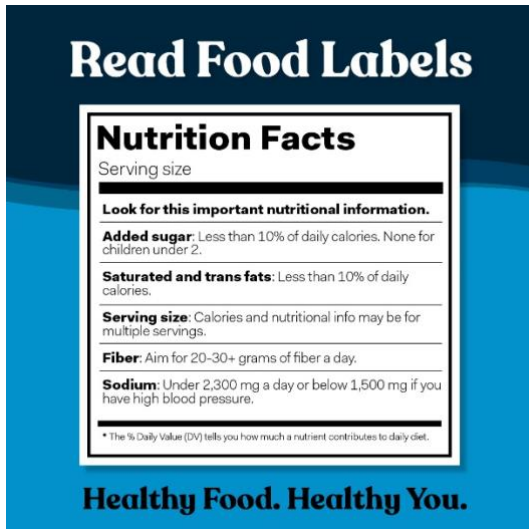
 Carne: La palma de su mano	 Queso: Un par de dados	 Arroz, pasta: Una pelota de tenis
 Frutas o vegetales crudos, picados: Una pelota de béisbol	 Frutos secos y nueces: Frutos secos y nueces	

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Social Posts and Graphics

Nutrition Label Infographic



Read Food Labels

Nutrition Facts
Serving size

Look for this important nutritional information.

Added sugar: Less than 10% of daily calories. None for children under 2.

Saturated and trans fats: Less than 10% of daily calories.

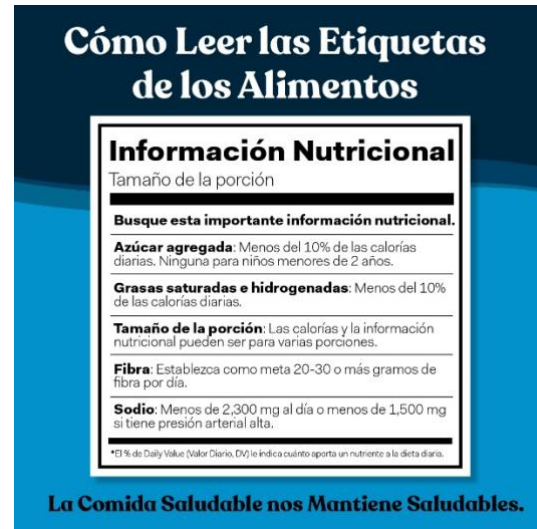
Serving size: Calories and nutritional info may be for multiple servings.

Fiber: Aim for 20-30+ grams of fiber a day.

Sodium: Under 2,300 mg a day or below 1,500 mg if you have high blood pressure.

* The % Daily Value (DV) tells you how much a nutrient contributes to daily diet.

Healthy Food. Healthy You.



Cómo Leer las Etiquetas de los Alimentos

Información Nutricional
Tamaño de la porción

Busque esta importante información nutricional.

Azúcar agregada: Menos del 10% de las calorías diarias. Ninguna para niños menores de 2 años.

Grasas saturadas e hidrogenadas: Menos del 10% de las calorías diarias.

Tamaño de la porción: Las calorías y la información nutricional pueden ser para varias porciones.

Fibra: Establezca como meta 20-30 o más gramos de fibra por día.

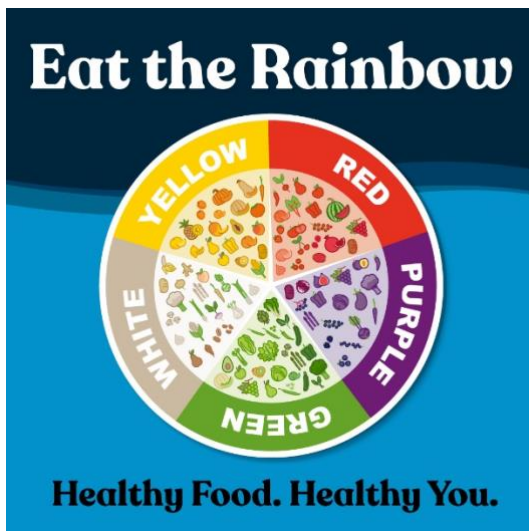
Sodio: Menos de 2,300 mg al día o menos de 1,500 mg si tiene presión arterial alta.

*El % de Daily Value (Valor Diario, DV) le indica cuánto aporta un nutriente a la dieta diaria.


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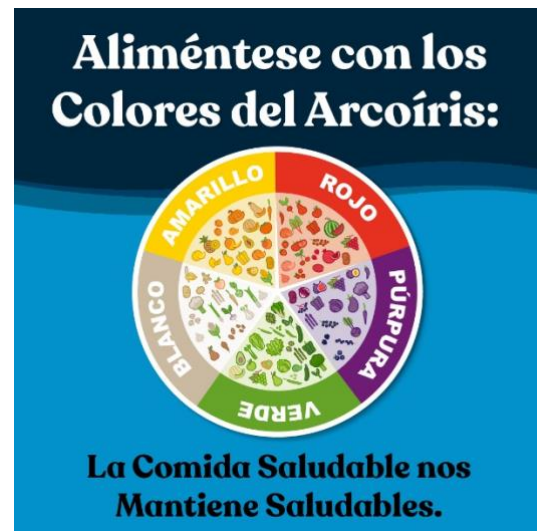
Eat the Rainbow Infographic




Eat the Rainbow



Healthy Food. Healthy You.



Aliméntese con los Colores del Arcoíris:



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Eat the Rainbow Pinterest Infographic

Eat the Rainbow

A quick way to get the nutrients you need is to eat a rainbow of fruits and vegetables. Aim for five or more servings of fruits and vegetables a day.

- RED**
HEALTH BENEFITS
Anti-inflammatory, antioxidant, may help lower risk of heart disease and certain cancers, may reduce sun-related skin damage
- YELLOW & ORANGE**
HEALTH BENEFITS
Anti-inflammatory, antioxidant, supports eye health, may help lower risk of heart disease and cancer
- GREEN**
HEALTH BENEFITS
Anti-inflammatory, antioxidant, cruciferous veggies in particular may help lower risk of cancer and heart disease
- BLUE & PURPLE**
HEALTH BENEFITS
Anti-inflammatory, antioxidant, may help improve brain function, may help lower risk of heart disease, neurological disorders, type 2 diabetes and certain cancers
- WHITE & BROWN**
HEALTH BENEFITS
Anti-inflammatory, antioxidant, may help lower risk of heart disease, colon cancer and other cancers

Healthy Food. Healthy You.

Aliméntese con los Colores del Arcoíris:

Una forma rápida de consumir los nutrientes que necesita es comer un arcoíris de frutas y verduras. Establezca como meta consumir cinco o más porciones de frutas y verduras al día.

- ROJO**
BENEFICIOS PARA LA SALUD
Antiinflamatorio, antioxidante, puede ayudar a reducir el riesgo de enfermedades cardíacas y ciertos tipos de cáncer, puede reducir el daño de la piel relacionado con el sol
- AMARILLO Y NARANJADO**
BENEFICIOS PARA LA SALUD
Antiinflamatorio, antioxidante, beneficia la salud ocular, puede ayudar a reducir el riesgo de enfermedades cardíacas y cáncer
- VERDE**
BENEFICIOS PARA LA SALUD
Antiinflamatorio y antioxidante. En particular, las verduras crucíferas pueden ayudar a reducir el riesgo de cáncer y enfermedades cardíacas
- AZUL Y PÚRPURA**
BENEFICIOS PARA LA SALUD
Antiinflamatorio, antioxidante, puede ayudar a mejorar la función cerebral, ayudar a reducir el riesgo de enfermedades cardíacas, trastornos neurológicos, diabetes tipo 2 y ciertos tipos de cáncer
- BLANCO Y MARRÓN**
BENEFICIOS PARA LA SALUD
Antiinflamatorio, antioxidante, puede ayudar a reducir el riesgo de enfermedades cardíacas, cáncer de colon y otros tipos de cáncer

La Comida Saludable nos Mantiene Saludables.

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This graphic is also available in PDF format