



## Twenty-two Tweets About Wheat

### “Healthy Choices for Every Meal”

<p>How 'bout a burger? A whole wheat bun, lean beef patty, slice of cheddar, tomato &amp; dark salad greens packs protein &amp; nutrients. #WFC</p>	<p>U need 6 servings of grains every day 4 good health. Start with pancakes, cereal or toast in the morning. #WFC</p>	<p>2 try 4 lunch: a sandwich with a tortilla, English muffin or pita bread. Helps u get the 6 servings of grains u need every day. #WFC</p>	<p>Crackers count as a grain serving! You need 6 servings a day, so snack on whole wheat crackers between meals. #WFC</p>
<p>Serve whole wheat pasta w/ chunky sauce &amp; delicate shaped enriched pasta w/ lighter ones 4 super grain serving. #WFC</p>	<p>Why do u need to eat grains every day? They r a good source of iron &amp; B vitamins: thiamin, riboflavin, niacin &amp; folic acid. #WFC</p>	<p>Grains r a good source of fiber in the diet. Enriched products contain some soluble fiber; whole wheat has insoluble fiber. #WFC</p>	<p>Microwave day-old bagels for 15 seconds, or moisten with water &amp; bake for 10 minutes in a 350 oven. #WFC</p>
<p>Don't refrigerate bread; it will go stale faster. Leave at room temperature or freeze. #WFC</p>	<p>White flour is enriched w/iron, B vitamins &amp; folic acid. Folic acid enrichment led 2 a 32% decrease in some birth defects, since '98. #WFC</p>	<p>Make half ur grains whole grains, 4 better nutrition. Look 4 "100% whole grain" or "100% whole wheat" on label. #WFC</p>	<p>Here's a snack that's &lt;200 calories! Six whole-wheat crackers and one slice low-fat Colby cheese. #WFC</p>
<p>Here's a snack that's &lt;200 calories! Top a waffle with ½ cup blueberries and 2 tablespoons low-fat yogurt. #WFC</p>	<p>Don't like breakfast food? U still need to eat in the a.m.! Try peanut butter/ bananas on whole-grain bread. #WFC</p>	<p>Veggie pizza or turkey &amp; low-fat cheese on tortilla is a healthy snack, morning or afternoon! #WFC</p>	<p>Morning foods like fat-free milk, fruit &amp; whole grain cereals can be part of a diet 2 control HPB &amp; lower bad cholesterol. #WFC</p>



<p>Think pasta, quesadillas or pretzels as kid-friendly ways to up family grain intake. #WFC</p>	<p>Vitamin C helps body better use iron in wheat foods. Pair pasta salad w/ peppers or a sandwich w/an orange. #WFC</p>	<p>Eating breakfast helps kids do better in school by improving memory, alertness &amp; test scores. Don't skip it! #WFC</p>	<p>What do athletes need 2 eat more of? Whole grains, veggies, fruits, lean meats, low-fat dairy. #WFC</p>
<p>2 high protein snacks 4 athletes: ½ whole wheat bagel w/ egg &amp; low-fat cheese; salmon &amp; nut spread on whole wheat crackers. #WFC</p>	<p>On a cold morning try hot cereal - warms you up &amp; starts your day a nutritious way. Try 100% whole wheat "Cream of Wheat"</p>	<p>@wheatfoods</p>	

