



## Sample Social Media Posts for National Nutrition Month®

- ✓ National Nutrition Month fact: Carbs are your friend! Your brain needs 130 grams a day of carbs to function properly. Plus, these nutrients produce serotonin, which helps to balance your emotions. Learn more: <http://bit.ly/3aUi7BT>  
#NationalNutritionMonth #ShareThePasta
- ✓ March is National Nutrition Month and pasta is the perfect addition to a healthy diet. Consider adding a load of fresh veggies to your next pasta meal. Try this Lemon-Garlic Pasta with Asparagus courtesy of @sharethepasta: <http://bit.ly/3rMuk9c>  
#NationalNutritionMonth #ShareThePasta
- ✓ Did you know? Collectively, U.S. consumers eat 19 pounds of pasta per year. Learn more at [sharethepasta.org](http://sharethepasta.org).  
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- ✓ The Mediterranean Diet is characterized by various plant-based foods, including fruits, vegetables, lentils, nuts, and yes, pasta! There are many health benefits associated with the Mediterranean Diet, including reduced risk of death from heart disease and cancer, and pasta serves as the perfect staple in it! Learn more: <http://bit.ly/3p9DmVr>  
#NationalNutritionMonth #ShareThePasta
- ✓ Pasta tastes great and is healthy for you too! Read the latest pasta research which details how pasta eaters have a better diet quality than non-pasta eaters: <https://bit.ly/3CpNHVr>  
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- ✓ Did you know? Pasta-eaters have better quality diets than people who don't eat pasta. New research shows pasta consumption in both children and adults is associated with a better diet quality and better nutrient intakes than that of those adults and children who do not eat pasta. Read more > <https://bit.ly/3C3efMe>  
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