**Nutrition**

**Social media posts**

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|  | **Proposed copy** |
| 1 | Eating healthy but still have a sweet tooth? You can do both! Treat yourself with these dessert recipes from the Vitality HealthyFood Studio.  **LINK TO: OUR DASH OF DELICIOUS WITH VITALITY DESSERTS**  #LiveLifeWithVitality  \_\_  *Reference static images: Chocolate tart with nut crust and Lemon tart with coconut and date crust* |
| 2 | Let’s play nutrition bingo this month! Tick off as many healthy eating goals as possible – the more you achieve, the better you’ll feel.  #LiveLifeWithVitality  \_\_  *Reference static image: Nutrition bingo* |
| 3 | Rising obesity levels are directly linked with diabetes, cardiovascular disease, cancer and respiratory disease. Learn how to prioritize good nutrition as part of healthy living with Vitality. **LINK TO ARTICLE: VITALITY TO HELP CURB THE OBESOGENIC CRISIS**  #LiveLifeWithVitality |
| 4 | Want to know the secret to a longer, healthier life? It’s the ingredients we put into our body.  🟢 Eat more  🟠 Switch to  🔴 Limit these  #LiveLifeWithVitality  \_\_  *Reference static image: Eat, switch, limit* |
| 5 | DID YOU KNOW that too much sodium (salt) in your diet can lead to:   * High blood pressure * Heart disease * Stroke   Limit your salt intake wherever you can 🚫🧂  **LINK TO ARTICLE: VITALITY’S TOP FIVE TIPS TO REDUCE SALT INTAKE**  #LiveLifeWithVitality |
| 6 | TODAY’S TOP TIP: Take your kids grocery shopping with you and show them the importance of buying healthy food. Healthier children = healthier adults 🍉  #LiveLifeWithVitality |
| 8 | Vitality dietician Terry Harris knows that it’s not always easy to choose the healthy option – especially for kids! Here are her thoughts on how to nudge them in the right direction 🍎 **LINK TO ARTICLE: 10 WAYS TO TEACH YOUR KIDS HEALTHY EATING HABITS**  #LiveLifeWithVitality |
| 9 | We all want to get the most out of life and our Vitality research shows that with good nutrition you can! Healthy eating is not just important for a longer lifespan, but also: your healthspan ❤️  #LiveLifeWithVitality  \_\_  *Reference static image: Healthspan’* |
| 10 | Try our 60-second refuel smoothie – easy, healthy and delicious!  **LINK TO: REFUEL SMOOTHIE RECIPE**  #LiveLifeWithVitality  \_\_  *Reference static image: Refuel smoothie recipe* |
| 11 | Ready to boost your mood?  🍫 Avoid foods which make your blood sugar rise and fall like sweets, biscuits and sugary drinks  🍴 Eat smaller portions throughout the day  🥬 Prioritize your gut with fruit & veg, wholegrains, yoghurt and other probiotics  #LiveLifeWithVitality  \_\_  *Reference static image: What does a balanced plate look like?* |