



NEAT Fact Sheet

"NutriTweets"

- What is a **NutriTweet**? NutriTweets are short nutritional messages in text lingo!
 - Use messages from MyPyramid to create NutriTweets of your own!
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- Example nutritional phrases from MyPyramid:
 - Make half your grains whole to add more fiber!
 - Vary your vegetables: Eat more dark green and orange vegetables!
 - Focus on Fruits: Go easy on the fruit juices!
 - Fats & Oils: Know the good and the bad!
 - Get your calcium rich foods from the milk group!
 - Go lean with protein and vary your routine!
 - Commonly used words with text abbreviations:
 - Food = f%d
 - Look = l%k
 - Your = ur
 - Do you remember = DUR
 - Please = plz
 - Forget = 4get
 - Add/More = +
 - Less = -
 - Way to go = W2G

Mak nutritweets of ur own 2 hlp spread da wurd!

