Your Healthy Gut Tweets

1.) Beware the fast food chain proclaiming healthy “fast food” – read “Oxymoron – Fast Food Fakers” for a shocker. <Your URL Here>

2.) Good to know: Cereals contain synthetic vitamins that the body is not built to utilize. Want a healthy breakfast? Eat muesli! <Your URL Here>

3.) Granola bars are supposedly healthy but not when they taste as good as a candy bar. Hey, you might as well eat Snickers! <Your URL Here>

4.) Skip the soda and drink lemon water instead. Lemons are loaded with vitamin C, calcium, iron and fiber. All good stuff! <Your URL Here>

5.) Yogurt makes a good sub for any recipe that calls for butter, oil, eggs, cream or sour cream. Greek yogurt is good for this! <Your URL Here>

6.) Want a healthier sub for butter and oil in your cake recipes? Try using applesauce! You get a denser, more moist bread. Yum! <Your URL Here>

7.) One large apple and a cup of skim milk make a perfect pair for a healthy snack. It's filling without all the calories! <Your URL Here>

8.) Sausage biscuit for breakfast every morning? Eat it if you want to consume 400+ calories for just one meal. Just saying! <Your URL Here>

9.) No time to cook breakfast? Whip up a banana oat smoothie for a filling boost of protein and fiber. Easy and delicious! <Your URL Here>

10.) When buying multi-grain or wheat bread, make sure you read the labels. If refined flour is the first ingredient, toss it! <Your URL Here>

11.) Mix olive oil with lemon juice and honey, and you'll get a light, healthy dressing for your salads. Perfect for summer! <Your URL Here>

12.) Skip prepared salads that are loaded with fatty mayonnaise. Make your own salad and dressing instead for a healthier version. <Your URL Here>

13.) Did you know that soda contains a substance that can damage your tooth enamel? It also disrupts your metabolism. Yikes! <Your URL Here>

14.) Don't know what to do with your leftover kimchi? Make fried rice, dumplings, devilled eggs, omelet or quesadillas. Yum! <Your URL Here>

15.) Can't stand the taste of sourdough bread? Eat it with butter or try making bread pudding, French toast or Panzanella. <Your URL Here>

16.) A bottle of kombucha tea contains 4 to 7 micro-organisms. The benefit? Strong and healthy gut! <Your URL Here>

17.) Pickles provide a healthy dose of Probiotics and they are low in fat content and calories which make them a great snack item. <Your URL Here>

18.) Can't eat yogurt because you're allergic to dairy? Try Coconut Yogurt. It's vegan, dairy free, gluten free and lactose free! <Your URL Here>

19.) Want a vegetarian version of BLT? Swap bacon with tempeh - it's a complete protein that is loaded with amino acids. <Your URL Here>

20.) Cultured foods are high in vitamins and natural compounds that aid with digestion and help boost the immune system. <Your URL Here>

21.) Don't know what to do with kefir? Try making ice cream, salad dressing, smoothie, cake, muffin or soup with it! <Your URL Here>