**USE THESE TWEETS TO HELP PROMOTE #AmericanDiabetesMonth**

(Source <http://ndep.nih.gov/publications/PublicationDetail.aspx?PubId=72>)

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| Know the ABC’s of managing diabetes. <http://www.diabetesnc.com/about_management.html> #AmericanDiabetesMonth  ABCs |
| These 8 easy outdoor exercises will help you get stronger, faster, slimmer! [#diabetes](https://twitter.com/hashtag/diabetes?src=hash) [http://bit.ly/1RqPzhF](https://t.co/rsHpEa5jlu) [pic.twitter.com/1NsHHXTMwU](https://t.co/1NsHHXTMwU)Embedded image permalink |
| Small steps gain big rewards. Try walking after dinner to help reduce your risk of developing diabetes. #StopDiabetes #AmericanDiabetesMonth |
| Eat slowly. It takes 20 minutes for your stomach to tell your brain you are full. Don’t over eat #HealthTips #AmericanDiabetesMonth |
| Turn up your music and jam to your household chores. Not only will your mood be lifted, so will your endorphins #DanceItOut #HealthTips #AmericanDiabetesMonth |
| Work out to a video that shows you how to get active. #HealthTips #AmericanDiabetesMonth |
| March in place while you watch TV. #HealthTips #AmericanDiabetesMonth |
| Make at least half of your grains whole grains, such as whole grain breads and cereals, brown rice, and quinoa. #HealthTips #AmericanDiabetesMonth |
| Use whole grain bread for toast and sandwiches. #HealthTips #AmericanDiabetesMonth |
| Keep a healthy snack with you, such as fresh fruit, a handful of nuts, and whole grain crackers. #HealthTips #AmericanDiabetesMonth |
| Slow down at snack time. Eating a bag of low-fat popcorn takes longer than eating a candy bar. #HealthTips #AmericanDiabetesMonth |
| Share a bowl of fruit with family and friends. #HealthTips #AmericanDiabetesMonth |
| Eat a healthy snack or meal before shopping for food. Do not shop on an empty stomach. #HealthTips #AmericanDiabetesMonth |
| Shop at your local farmers market for fresh, local food. #HealthTips #AmericanDiabetesMonth |
| Make a list of food you need to buy before you go to the store. #HealthTips #AmericanDiabetesMonth |
| Keep a written record of what you eat for a week. It can help you see when you tend to overeat or eat foods high in fat or calories. #HealthTips #AmericanDiabetesMonth |
| Honor your health as your most precious gift. There are many more ways to prevent or delay type 2 diabetes by making healthy food choices and moving more. #HealthTips #AmericanDiabetesMonth |
| Find ways to stay calm during your day. Being active and reading a good book can help you lower stress. #StopDiabetes #AmericanDiabetesMonth |
| Keep track of the many ways you are moving more and eating healthy by writing them down. #StopDiabetes #AmericanDiabetesMonth |
| Stir fry, broil, or bake with non-stick spray or low-salt broth. Cook with less oil and butter. #StopDiabetes #AmericanDiabetesMonth |
| Know the ABC’s of managing diabetes. <http://www.diabetesnc.com/about_management.html> #AmericanDiabetesMonth  Drink a large glass of water 10 minutes before your meal so you feel less hungry #HealthTips #AmericanDiabetesMonth |
| Cook with smaller amounts of cured meats (smoked turkey and turkey bacon). They are high in salt. #HealthTips #StopDiabetes #AmericanDiabetesMonth |
| Cook with a mix of spices instead of salt. #HealthTips #AmericanDiabetesMonth |
| Try different recipes for baking or broiling meat, chicken, and fish. #HealthTips #AmericanDiabetesMonth |
| Choose foods with little or no added sugar to reduce calories. #HealthTips #AmericanDiabetesMonth |
| Try not to snack while cooking or cleaning the kitchen. #HealthTips #AmericanDiabetesMonth |
| Find a diabetes self-management education program in NC. Visit [DiabetesNC.com](file:///C:\Users\Anna%20Dover\AppData\Local\Microsoft\Windows\Temporary%20Internet%20Files\Content.Outlook\36DW0I06\diabetesnc.com) #AmericanDiabetesMonth |
| Learn how to [#CreateYourPlate](https://twitter.com/hashtag/CreateYourPlate?src=hash) for healthy meals, all year round: <http://www.diabetes.org/food-and-fitness/food/planning-meals/create-your-plate/?loc=hhm> |
| Non-starchy veggies, grains, protein, healthy fats, low-calorie drink = [#**CreateYourPlate**](https://twitter.com/hashtag/CreateYourPlate?src=hash) [http://diabetes.org/hhm](http://t.co/58qApjiFro) |
| Quitline  For other risk factors, visit [DiabetesNC.com](http://www.diabetesnc.com/) |
| Refer  Refer your patients to a diabetes self-management education class, visit [DiabetesNC.com](http://www.diabetesnc.com/) |
| Eating at home is usually a much better choice, but eating out doesn’t have to be a health disaster. [#FridayFact](https://twitter.com/hashtag/FridayFact?src=hash) [pic.twitter.com/wEioLQfnmj](http://t.co/wEioLQfnmj)  Embedded image permalink |

**USE THESE TWEETS AND PICTURES TO TAKE #JustOneStep**

**TO HELP CREATE A HEALTHIER NC**

(Campaign Hashtag #AmericanDiabetesMonthand #JustOneStep)

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| TWEET | PICTURE |
| Spice up your shopping list with seasonal vegetables takes you [#JustOneStep](https://twitter.com/hashtag/JustOneStep?src=hash) toward  managing type 2 diabetes! [@NDEP](https://twitter.com/NDEP) #AmericanDiabetesMonth | [Embedded image permalink](https://twitter.com/KidneyMI/status/652185747361918976/photo/1) |
| Here’s another [#JustOneStep](https://twitter.com/hashtag/JustOneStep?src=hash) tip: Take the stairs to your office instead of the elevator. #AmericanDiabetesMonth | [Embedded image permalink](https://twitter.com/NDEP/status/652107598662107137/photo/1) |
| Take advantage of today's weather to catch up with friends during a walk instead of by phone. [#JustOneStep](https://twitter.com/hashtag/JustOneStep?src=hash) [@NDEP](https://twitter.com/NDEP) #AmericanDiabetesMonth | [Embedded image permalink](https://twitter.com/KidneyMI/status/644581365359472644/photo/1) |
| Here’s a [#JustOneStep](https://twitter.com/hashtag/JustOneStep?src=hash) tip: keep meat, chicken, turkey & fish portions to about 3 ounces (the size of a deck of cards) #AmericanDiabetesMonth | [Embedded image permalink](https://twitter.com/NDEP/status/628194696976826369/photo/1) |
| Type 2 [#diabetes](https://twitter.com/hashtag/diabetes?src=hash) doesn't have to be a family affair. Bust a move with your kids today! [#JustOneStep](https://twitter.com/hashtag/JustOneStep?src=hash) [@NDEP](https://twitter.com/NDEP) #AmericanDiabetesMonth | [Embedded image permalink](https://twitter.com/KidneyMI/status/625335023034630144/photo/1) |
| Better manage your [#diabetes](https://twitter.com/hashtag/diabetes?src=hash) by serving your meal on a smaller plate to make less look like more! [#JustOneStep](https://twitter.com/hashtag/JustOneStep?src=hash) [@NDEP](https://twitter.com/NDEP) #AmericanDiabetesMonth | [Embedded image permalink](https://twitter.com/KidneyMI/status/618431805725745152/photo/1) |
| Here’s another [#justonestep](https://twitter.com/hashtag/justonestep?src=hash) tip: Choose brown rice instead of white rice. #AmericanDiabetesMonth | [Embedded image permalink](https://twitter.com/NDEP/status/639100624202792960/photo/1) |
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