# Tweets

1. Did U Know? 65 million American adults (1 in 3) experience high blood pressure? DASH away from high blood pressure today... #dash #diet
2. Only eating 1 or 2 servings of vegetables a day? Ur blood pressure is not happy :( More vegetables + DASH Diet = New Happiness! #dash #diet
3. Who needs high fat dairy products, sodas and other sugar & fat rich foods? You sure don't. Feel your best & look Dashing w/ the DASH diet...
4. "It's difficult to think anything but pleasant thoughts while eating a homegrown tomato." - Lewis Grizzard / DASH Diet = Pleasant Thoughts!
5. Whole grains, fruits, vegetables, low-fat dairy, fish & poultry. That's the basic DASH diet "in a nutshell". Ready for it? [insert url here]
6. The DASH Discussion: The DASH diet is developed & supported by the The National Heart, Lung & Blood Institute. Impressive! #diet #innovation
7. The feeling of being overweight weighing on you? DASH away the fat by cutting out the fat. DASH diet & eat your way 2 weight loss success!
8. Ready 2 blast away fat, high blood pressure & other health issues? Let "DASH Diet Dynamite" explode into your life & feel & look your best!
9. "If we're not willing to settle for junk living, we certainly shouldn't settle for junk food" - Sally Edwards / DASH Diet & remove the junk!
10. Have you been mining for a new diet that actually works? "DASH Diet Dynamite" can help you mine health made of gold. #dash #diet #dynammite
11. According 2 the DASH Diet an occasional small glass of red wine can = 1 fruit serving. Now that we can toast 2! Cheers... [insert url here]