# Tweets

1. You know your apples from oranges; But do you know your high-sugar fruit from your low-sugar fruit?
2. 6 easy ways to start a low carb diet today (link)
3. RT if you are a recovering Carboholic.
4. Crazy trick to keep your diet on track-really works! (link)
5. Does cheating on a diet actually assist weight loss in the long run? Check this …
6. Seems there’s a new low-carb plan on the market every few weeks. New book helps you make sense of it all.
7. Thinking of starting a low carb diet? Check this out first (link)
8. Any other dieters hypersensitive to songs with the word “sugar” or “honey” in them?
9. Donating old clothes isn’t just a nice gesture; it tells your subconscious that rebounding is not in your future.
10. Unable to exercise today? Inactive becomes proactive when you make gym playlists or hire a trainer.