



Sample Social Media Posts for American Diabetes Month

- In honor of #AmericanDiabetesMonth, be sure to check out this helpful online resource – Knowing & Growing Your Diabetes Toolkit – to help those managing diabetes with free access to tools and information on diet, health, and lifestyle. <http://bit.ly/diabetes-awareness-month>
- Searching for a diabetes-friendly recipes and foods? Look no further, from spiced candied nuts, pumpkin pie spiced coffee to glazed turkey meatloaf, there's something everyone will enjoy without sacrificing taste. <https://bit.ly/3rqITOV>
- There are a lot of options available for low and no calorie sweeteners to help manage your diabetes. Learn more > <https://bit.ly/3RsHcL2>
- You just found out you have diabetes and will have to make some diet changes. Be sure to check out this expert advice on using low- and no-calorie sweeteners in a “transition diet” <https://bit.ly/3Dyd88O>
- It is essential to help our patients with diabetes find the right balance between flavor and health. Low-calorie sweeteners help achieve that balance by allowing them to enjoy sweetness without compromising their well-being. Learn more how sweeteners can help: <https://bit.ly/3Psvopy>
- Low and no-calorie sweeteners offer those living with diabetes a way to enjoy sweetness without the extra sugar over the holidays. Let's raise awareness during #AmericanDiabetesMonth about sugar substitutes and their helpful role in managing diabetes: <https://bit.ly/3PszbDi>