

Social Media Thought Starters

Nutrition/Health Snippet

 **Twitter:** Diets rich in whole grain foods & other plant foods and low in cholesterol and saturated fat may help reduce the risk of heart disease. Look for specially marked packages of heart-healthy @Quaker Instant Oatmeal for a quick, easy way to get 100% whole grain oats: <http://bit.ly/2Hr7SWZ>

 **Facebook:** Diets rich in whole grain foods and other plant foods and low in cholesterol and saturated fat may help reduce the risk of heart disease. Look for specially marked packages of heart-healthy @Quaker Instant Oatmeal for a quick, easy way to start your day with 100% whole grain oats: <http://bit.ly/2Hr7SWZ>

Recipe 1

 **Twitter:** Overnight oats are an easy no-cook option for a make-ahead breakfast. Try these Zesty Overnight Oats with Gingery Strawberry Rhubarb Compote for a sweet and tart combo: <http://bit.ly/2KbdmZ3>

 **Facebook:** Overnight oats are an easy no-cook option for a make ahead breakfast. Try these Zesty Overnight Oats with Gingery Strawberry Rhubarb Compote for a sweet and tart combo. Just mix together, refrigerate for 3 hours or overnight and enjoy in the morning: <http://bit.ly/2KbdmZ3>

Recipe 2

 **Twitter:** Update your classic banana bread! Try this Cinnamon Oatmeal Banana Bread Skillet that uses @Quaker oats to help increase your daily fiber intake: <http://bit.ly/2WJ74TZ>

 **Facebook:** Update your classic banana bread! Try this Cinnamon Oatmeal Banana Bread Skillet that uses @Quaker oats to help increase your daily fiber intake: <http://bit.ly/2WJ74TZ>

Timely Tip

 **Twitter:** Stay cool this summer with a smoothie and give your blend a boost of fiber! Add 4 grams of fiber to your favorite delicious smoothie and make it rich and thick with ½ cup of @Quaker oats: <http://bit.ly/2WK1lb9>

 **Facebook:** Stay cool this summer with a smoothie and give your blend a boost of fiber! Add 4 grams of fiber to your favorite delicious smoothie and make it rich and thick with a ½ cup of @Quaker oats: <http://bit.ly/2WK1lb9>

Link to Quaker Site

 **Twitter:** Wondering what sets whole grains apart? Check out this article from @Quaker that explains their wholesome goodness and how you can incorporate more whole grains in your daily meals: <http://bit.ly/2EkWQSH>

 **Facebook:** Whole grains are versatile and can be easily incorporated into a healthy lifestyle. Wondering what sets whole grains apart? Check out this article from @Quaker that explains their wholesome goodness: <http://bit.ly/2EkWQSH>

Blog Thought Starters

Topic: Up Your Smoothie Game

As the days get warmer, smoothies can be a delicious and refreshing way for your clients to stay cool.

This summer, give your smoothie blend a boost of fiber – add 4 grams of fiber* to your favorite smoothie recipe by adding a ½ cup of heart-healthy Quaker oats.

* 3 grams of oat soluble fiber daily as part of a diet low in saturated fat and cholesterol may help reduce the risk of heart disease. A serving of Quaker Old Fashioned oats provides 2 grams.

For ways to enhance your smoothies, visit: <https://www.quakeroats.com/smoothies>

How to Build Your Best Smoothie

(Suggested amounts per serving)



START WITH YOUR LIQUID	ADD YOUR FAVORITE FRUITS & VEGGIES	BOOST YOUR BLEND	TOP IT OR SPRINKLE IT
Water, milk or your favorite non-dairy alternative, orange juice	Pick 2-3 of your favorites like: berries, banana, kiwi, mango, melon, apples, carrots, celery, spinach or kale	Quaker® Old Fashioned, Quick or Instant Oats	Top it with a pinch of nuts, seeds, or unsweetened coconut flakes Sprinkle it with honey or spices like cinnamon
1 cup	1-2 cups total	½ cup, which provides 4g of fiber	To taste

Topic: Pick Your Own Packet (PYOP)

Are your clients pressed for time? Encourage them to start their day with heart-healthy* 100% whole grains, by spending less than two minutes to cook a bowl of oatmeal. Here are some tips to help encourage them:

- **Breakfast in a Flash:** Quaker Instant Oatmeal cooks in 90 seconds in the microwave or add hot milk or boiling water. Let sit for 60 seconds to enjoy as part of your breakfast.
- **Take a PYOP (pick your own packet) Approach:** help your clients find their favorite flavor based on their dietary preferences or mix and match to meet a variety of taste preferences for the whole family at breakfast.
- **Flavor Fusion:** encourage clients to add their own toppings and flavors to personalize their bowl

With at least 27 grams of whole grains, 2-10 grams of fiber per serving, and no artificial preservatives or flavors**, Quaker Instant Oatmeal single-serving packets come in a variety of flavors that meet a range of dietary tastes and preferences.***

* Diets rich in whole grain foods and other plant foods and low in cholesterol and saturated fat may help reduce the risk of heart disease.
 **Look for specially marked packages
 ***Does not include Quaker® Instant Oatmeal Dinosaur Eggs®, Quaker® Instant Oatmeal Adventure Animals™ or Quaker® Instant Oatmeal with Antioxidants.

Find your favorite flavor [here](#).

