

Keep your followers informed about good fats by sharing these social media posts.

A healthy diet needs to include good fats to nourish your brain, heart, and cells. Find out how much you need: <http://bit.ly/1DzmMjL>

Use these dining out tips to make smart choices about [#goodfats](#) the next time you head to a restaurant: <http://bit.ly/1HVKZTf>

Need a quick idea for [#dinner](#) tonight? Mission accomplished! [#goodfats](#) <http://bit.ly/1LqZdAy>

[#Goodfats](#) can be found throughout the grocery store. Learn what should be on your shopping list: <http://bit.ly/1fpQXUU>

[#Heartsmartswap](#): Spread toast with mashed avocado or natural nut butter instead of butter or margarine.

Overwhelmed by oils? Learn how to choose the right oil for the right recipe: <http://bit.ly/1LyF505>
[#goodfats](#)

Whip up these cherry-almond protein energy balls for a delicious on-the-go [#snack](#): <http://bit.ly/1HU2UL>

Please picky eaters with these [#heartsmart](#) chicken fingers: <http://bit.ly/1eklx1j>

Boost your intake of [#goodfats](#) by keeping your kitchen stocked with heart healthy foods: <http://cle.clinic/1CXHnU3>

Liven up your [#lunch](#) with this tasty tuna salad: <http://bit.ly/1uksGkl>

Celebrate [#meatlessMonday](#) with this Asian Noodle Bowl! [#goodfats](#) <http://bit.ly/1g8iBGS>

Got a [#sweettooth](#) that won't quit? Enjoy this treat sans guilt: <http://bit.ly/Z7A89p> [#goodfats](#)

Want to Get Lean? Eat Fat! <http://bit.ly/1HVLNrp>
[#goodfats](#)

[#Goodfats](#) tip: Toss vegetables in canola oil before cooking to enhance flavor and improve nutrient absorption.

Stave off midafternoon munchies with this crunchy chicken salad: <http://bit.ly/1CXHOxE> [#goodfats](#)

Incorporate more [#goodfats](#) into your diet with this heart healthy salmon recipe: <http://bit.ly/1KnjfNi>