Quick Quips for Inspiring Healthy Choices

♥ A healthy body needs healthy foods.
♥ A healthy future begins now.
♥ A long healthy life can be your fate, if you watch what you put on your plate.
♥ An apple a day keeps the doctor away.
♥ Be green. Eat vegetables.
♥ Be smart, eat smart.
♥ Being healthy and fit isn't a fad or trend, it is a lifestyle.
♥ Better you will feel, if you eat a healthy meal.
♥ Beware of what you eat, it becomes part of you.
♥ Bigger snacks, bigger slacks.
♥ Dairy is part of a balanced diet.
♥ Diet cures more than doctors.
♥ Diets high in fiber help people maintain a healthy weight.
♥ Don't live to eat, eat to live.
♥ Don't regret what you ate, eat healthy and feel great.
♥ Early to bed and early to rise makes a man healthy, wealthy and wise. Benjamin Franklin
♥ Easy to gain, hard to lose.
♥ Embrace and love your body, it is the most amazing thing you will ever own.
♥ Enjoy the taste of eating right.
♥ Feel better, live better, eat better.
♥ Food from the East or West—as long as it’s healthy, it’s the best.
♥ Foods rich in fiber fill you up faster, keep you full longer.
♥ For your health's sake, go easy on the chips and cake.
♥ From the bitterness of disease man learns the sweetness of health.
♥ Fruits and veggies on our table, helps to keep our health stable.
♥ Full of energy you'll feel after eating a healthy meal.
♥ Give a hoot! Eat more fruit.
♥ Give up the fat, watch your belly go flat.
♥ Healthy eating keeps the heart beating.
♥ Hustle to gain more muscle.
♥ Let food be thy medicine, thy medicine shall be thy food.
♥ Milk—it does the body good.
♥ No man can grow old without vegetables in a bowl.
♥ Nutrition—it can save your life.
♥ Run for your life.
♥ Salad and beets are some healthy treats.
♥ The greatest wealth is health.
♥ Think of what you are putting in your mouth, that is what healthy eating is all about.
♥ To look the best, eat the best.
♥ You are what you eat, from your head to your feet.