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.