Early to bed and early to rise makes a man healthy, wealthy and wise.

Good health is above wealth.

Health is not valued till sickness comes.

An apple a day keeps the doctor away.

Who has a toothache, should keep/hold his tongue on it.

He whets his teeth on something.

He shows the whiteness of his teeth.

Prevention is better than cure.

Eat to live, not live to eat.

Early to bed and early to rise, makes a man healthy, wealthy and wise.

Never let the sun go down on your anger.

A stitch in time saves nine.

You are what you eat.

A smile is an unexpensive way to improve your looks.

To get angry is to punish yourself with other people’s mistakes.

Seven days without exercise makes one weak.

Eat well, be active, feel good about yourself.

Tri-colour meal is a good deal.

The less you eat, the longer you live.