

Title:

How to Make Healthy Food Choices!

Word Count:

636

Summary:

It's Thursday afternoon, you have thirty minutes to get from work, go by the house and pickup

Keywords:

health food, healthy food, meals

Article Body:

It's Thursday afternoon, you have thirty minutes to get from work, go by the house and pickup

So how do you make healthy food choices, when you only have fifteen minutes to prepare your me

For example, sub sandwiches are a healthier alternative than pizza or burger and fries, but do

Okay, suppose salads aren't what your kids like. What about other prepared foods that are also

Still aren't satisfied? You want a place to go and actually sit down and eat. There are still

Fresh fruits and vegetables are usually always available on food bars, along with broiled or s

You can always throw up objections when it comes to healthy eating, the real trick is in reali

Okay, now back to our Thursday afternoon juggling act. You've dropped Heath at baseball practi

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