

NMS Nutrition Notes

You Are What You Eat

A balanced diet not only keeps you healthy on the inside, but makes a big difference on the outside too! Take a look at some of the ways you can tell if someone is eating a balanced diet:

Signs of a Good Diet

- 👍 clear skin
- 👍 glossy hair
- 👍 sparkling eyes
- 👍 firm muscles
- 👍 straight posture
- 👍 proper weight
- 👍 bright smile
- 👍 alert
- 👍 fun-loving
- 👍 gets the most out of life



Signs of a Bad Diet

- 👎 pale or blotchy skin
- 👎 lifeless hair
- 👎 dark circles under eyes
- 👎 flabby muscles
- 👎 droopy posture
- 👎 too thin or fat
- 👎 pale gums, bad teeth
- 👎 tires quickly
- 👎 seems crabby or lazy
- 👎 drags through life



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