

Cutting the hunger

Poetry

Bring it into notice
This is the nutrition piece
Enlarge it at breakfast
Not at supper, practice

Do exercise but only
Manage the gut cleanly
Eat multiple little each
Follow the rhyme openly

Day is the time to consume
Much of the food to perfume
Grab little in the night
To be healthy, do perform

Never eat much, be patient
In order not be patient
Come on, to cut the hunger
You must retain the quotient

Jump up beyond the goal now
Follow Akbar to watch how
Drink water you are young
Learn it from the good cow¹⁻⁴

Volume 4 Issue 1 - 2016

Akbar Nikkhah

Department of Animal Sciences, University of Zanjan, Iran

Correspondence: Hyacinth OU, Department of Public Health, Saudi Electronic University, PO Box 93499, Riyadh 11673, Saudi Arabia, Tel +966 112613500, Fax +966 112613578, Email hyacoo2000@yahoo.com

Received: January 11, 2016 | **Published:** January 13, 2016

Acknowledgements

Thanks to the Ministry of Science Research and Technology, and National Elite Foundation for supporting the author's global initiatives and programs of optimizing science edification in the third millennium.

Conflict of interest

The author declares no conflict of interest.

References

1. Nikkhah A. Poems of Art. *J Nutr Health & Food Eng.* 2015;3(1):00100.
2. Nikkhah A. Life is Art. *J Nutr Health & Food Eng.* 2015;3(1):00098.
3. Nikkhah A. Healthy Life. *J Nutr Health & Food Eng.* 2015;3(1):00095.
4. Nikkhah A. Feeding the world. *J Nutr Health & Food Eng In Press.* 2015.