

Nutritional creed

Poetry

Worth it much at breakfast
To keep away from fast
Modest lunch at three times
Makes a minor dinner past

Do exercise every day
Not every week nor to pay
Activity must remain
The best hobby of the day

Move-up muscles and brain
To inhibit minds drain
Little eat of any foods
Remove from life the pain

The more we say becomes less
The less we talk brings mess
Balance we must to maintain
To keep alive freshness

Poetry defines pragma
Brings to us the dogma
Makes complex the simple
Figures that out enigma¹⁻⁴

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Conflict of interest

The author declares no conflict of interest.

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