

# Nutrition is ambition

## Poem

The fact about nutrition  
Depends upon condition  
Do not become static  
If you have the ambition

Balance is what all we need  
Words not enough do the deed  
Daily work out as you eat  
For the harvest learn to seed

Early consume breakfast  
Do practice become fast  
Eat the modest many times  
Small dinner at the last

Avoid eating much of meals  
Or you must pay much of bills  
You are the one at the end  
To go up of much of hills

The last but not bet the least  
Listen remain on the list  
Do exercise every time,  
You get the food of the feast.<sup>1-20</sup>

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## Conflict of interest

Author declares that there is no conflict of interest.

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