

Poem





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. 1-20

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Conflict of interest

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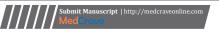
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