

Nutritional chieftom

Poetry

To go up of the wisdom
 We must remove the boredom
 It is all about nutrition
 That works for all the chieftom

Dinner lunch and breakfast
 Are what we used to eat fast
 They but are a multiple
 Source of crucial cast

Modest frequent meals
 Should be today's drug pills
 Avoid large meals overnight
 To pay only less of bills

Do exercise physically
 No monthly or the weekly
 Run it daily for the time
 You eat none of mimickly

Comes in the end practice
 All of the rest the entice
 You'd deserve a success
 Should be good at prentice.¹⁻²⁵

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Conflict of interest

Author declares that there is no conflict of interest.

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