

What's Healthy?

When it comes to eating healthy foods
Everyone always stops and broods

How do they discern the myths from the facts?
Why here's a way to distinguish and extract

Skip a meal then you can eat when you want
It is never good to skip or it will haunt

Labels with all natural means it's healthy to eat
But it can contain tons of sugar and unsaturated fats

No need to be careful if I'm not overweight
It's important to choose healthy foods every day because it's great!

Sweeten my food but as long as I use honey instead of sugar
Chemically, honey is the same thing as sugar so it's best to use littler

Meat, cheese, bread, and veggies why the balanced meal would be a cheeseburger!
Fast-foods are actually very high in fats, calories, and sodium making you a blubber

Taking a vitamin every day is all I need
Eating healthy foods gives you fiber, protein and energy that vitamins mislead

Carbs are fat and bad
Best source is balanced amounts but eating too much is bad and will definitely add

Meats, grains, fruits, and veggies are in the hood
All are healthy, but too much of anything is never good

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