

## Junk Food Blues

*From Chapter 7, Vegetables and Herbs, page 177*

I had a big hunger, wanted a tasty treat.  
Grabbed some soda and chips—started to eat.  
I ate the whole bag of chips, drank a can of soda, too.  
Now I ache somethin’ awful—I got the low-down junk food blues.

Chorus:

I’m tired, my stomach hurts, my head and body ache.  
I’m eatin’ too much junk food, too many fries and sugar flakes.  
Now I want some good food—something my body really needs.  
Payin’ attention to what I eat—each time before I feed.

Now I forgot my own song, when I fixed today’s lunch.  
I packed some nachos, cookies and candy bar that crunched.  
Same thing happened when I ate, ‘cause healthy food I did not choose.  
I got that achy, tired feelin’—the low-down junk food blues.

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Gotta big game today, playing the Mighty Bears.  
Eatin’ some candy, lots of sugar, my plan to get prepared.  
Wanna be fast and win against this other guy named Fred.  
But the candy didn’t work, I lost, my face is sweaty and red.

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I’m eatin’ too much junk food, too many fries and sugar flakes.  
Now I want some good food—something my body really needs.  
Payin’ attention to what I eat—each time before I feed.

The game was over and they had won, they were happy but I felt sick.  
Saw Fred munchin’ on some grapes and some orange carrot sticks.  
Then I knew it was my fault, I finally got a clue,  
‘Cause all the junk that I ate before, gave me the low-down junk food blues.