

# COLOR IS GOOD

Yesterday I went to the doctor  
For my yearly physical.  
My blood pressure was high.  
My cholesterol was high.  
I'd gained some weight, and I didn't feel so hot.  
My doctor said eating right doesn't have to be complicated  
and it would solve my physical problems.

He said:

Just think in colors.  
Fill your plate with bright colors.  
Try some greens, oranges, reds,  
maybe something yellow.

So I went right home  
and ate an entire bowl of bright colors.

And sure enough, I felt better immediately !!  
I never knew eating right could be so easy.

Now stay healthy, eat your colors,  
and have a nice day.

