

Marilyn Manson, Food Pyramid (From Clone High)

The ancient pharaohs weren't too bright they say
But they made one contribution that I live by to this day
It's the food pyramid and it's approved by the USDA
Oh, grains are the foundation
So please take my advice
Have 5 to 11 servings of bread, cereal or rice
3 to 5 of vegetables and 4 of fruits fruits is best
Their anti-oxidants and fibers help you to digest
3 servings of yogurt, milk and cheese
Will help your bones subsidize the cattle industries
A body needs to grow
And growing takes proteins
That's why meat can be a tasty treat like fish or human beings
And when you eat your sweets
Be sure you try
To limit your servings
Or you'll DIE!
Everybody!
My body is a pyramid that's made of healthy food
So do what we say
(yeah!)
Eat right everyday
(boo!)
I love you
By America