

## **Bobby Bare**

### **"Food Blues"**

Visit "[Food Blues](#)" on [MotoLyrics.com](http://MotoLyrics.com)

(Shel Silverstein)

I was waitin' in Rosie's Restaurant  
When the waiter came up and said what do you want  
I looked at the menu and it looked so nice  
Till he said lemme give you some advice.

He said spaghetti and potatoes got too much starch  
Pork chops and sausage are bad for your heart  
There's hormones in chicken and beef and veal  
Bowl of ravioli is a dead man's meal.

Bread got preservatives there's nitrites in ham  
Artificial coloring in jellies and jam  
Stay away from donuts run away from pie  
Pepperoni pizza is a sure way to die.

Sugar rots your teeth and makes you put on weight  
But artificial sweetener's got cyclamates  
Eggs got cholesterol, there's fat in cheese  
Coffee ruins your kidneys and so does tea.

Fish got mercury, red meat is poison  
Salt's gonna send your blood pressure risin'  
Hot dogs and bologna got deadly red dyes  
Vegetables and fruits are sprayed with pesticides.

--- Instrumental ---

So I said what can I eat that's gonna make me last  
He said a small drink of water in a sterilized glass  
And then he stopped and he thought for a minute  
And said never mind the water, there's carcinogenics  
in it.

So I got up from the table and walked out in the street  
Realizin' there was nothin' I could eat  
I ain't eaten for a month and I'm feeling fine  
'Cause he did not mention beer, whiskey, women and  
sweet red wine...

Visit [Bobby Bare](#) page on MotoLyrics.com, to get more lyrics and videos.

---

[MotoLyrics.com](#) | Lyrics, music videos, artist biographies, releases and more.