**Nutrient poem**

Oh how important is that water,

So important without it your mind will begin to alter,

I don’t eat dinner rolls,

They do not contain those minerals,

I must have those vitamins,

They are at my doorstep asking me to invite them in,

If you don’t want to starve,

You better eat them carbs,

If you want to win like charley sheen,

You better get some of that protein,

Bad is associated with fat,

Even though you need it I don’t want none of that