

Ode to Carbohydrates

protein has more calories than carbohydrate foods
and carbohydrate peaks and troughs can sometimes cause bad moods
especially if the source of carbohydrate comes from sugars
like fast food filled with fat and munched alot by silly buggers
everybody needs good carbs from spuds and wheat and rice
and on a cold night winters eve a bowl of stodge is nice
a belly comes from drinking beer, soda pop's another
too much pasta makes round cheeks and turns you into mother

now everyone needs energy but slow release is best
glycaemic index, honey's low i put it to the test
and cells need sugar, power drive, a furnace day and night
adrenalin wants fuel to burn in times of fight or flight

working out can take the carbs and turn them into meat
so that's ok your cornflakes or your bread with malty wheat
will look quite good if stored on arms and legs as muscle tissue
no movement and the muffin top will grow, become an issue

lean meat has carbs but protein too and makes you feel more full
one spoon less of potato mash, the issue becomes null

i'm hungry now this talk of munch, i think i need a biscuit
a cup of tea, a spoon of honey would go quite nicely with it.