



## At Least Five

### Intro

One two three four-**five** - six seven eight nine - At least five times, — you should strive for  
seven eight nine

### Verse 1

Say hey! - Did you get the word? I wanna make sure tell me have you heard?

Eating more vegetables and lots of fruits - Can help you live longer.

And, it helps protect you.

Helps your body prevent heart disease, high blood pressure, stroke and diabetes

Clearing urinary tracts help you see, & avoid certain types of cancer

That's why you need

### Chorus

At Least Five Times, - You Should Strive for Seven Eight Nine

Fruits and Vegetable Sure Taste Great – They're Good For You Try to Make Them Half Your Plate,

### Verse 2

The research is done and the results are in. We have to change our diet if we're gonna win

We're getting sick and gaining weight. So, the HHS and the USDA

Recommended five to nine but evidence shows we're less than four at this time

We got to update our grub routine to include more vegetables - And more fruit



## Chorus

### Verse 3 – Message to Mom

If you're a Mom here's a message to you - The food is so good, what we're going to do

And you put it on table is that not true - So, am I right our insides is because of you

You told me to eat it, so I ate it all

And now people are saying my stomach looks like a basketball

it's up to you to lean meat, more fruit, less fat, less soda, more 100% juice

More vegetables, less fries and chips,

More fruits as snacks, more vegetable sides to dig in

Slice some bananas in my oatmeal bowl -

And fruit kabobs taste yummy when their frozen cold

Salad goes great with the evening meal and it's even tastier when fruit is mixed in

My diet is basically controlled by you, so I'm counting on you - to get me

## Chorus

### How to play the song:

- Using an internet browser go to:
- <http://www.groovypyramid.com/atleast5.htm>
- It will automatically play the song