



I Can Eat a Rainbow

Song Intro

Blue, Purple, Green, White, Yellow, Orange, and Red

My daddy says that eating fruits and vegetables is like eating a rainbow. I can eat a Rainbow!

Chorus

Fruits and Vegetables, that's what I need. We all need the colors of a rainbow. Vitamins, minerals and Phytochemicals

Verse 1

The sun reflects through the color prism of your mind. Shining light on the nature's beauty and it's so divine. In our world especially in the USA, we celebrate, our melting pots of different shades

Turn

Even with your food, you need diversity, and variety and you need color

Chorus

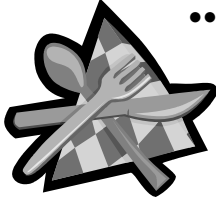
Fruits and Vegetables, that's what I need. We all need the colors of a rainbow. Vitamins, minerals and Phytochemicals

Verse 2

From time to time, do you ever stop to think, of the food you ate, and what type of foods you should eat? You smell, you taste, you chew, and do you know why? Or what happens to the food once it's inside?

Turn

The Super Nutrient Mix that you're seeking, we are teaching now. And it's about colors



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Chorus (repeat)

Verse 3 Phytochemical Rap

Phytochemicals stuff you get from plants with the benefits of antioxidants. Little body housekeepers kicking free radicals out before they can hurt you. Oh those radicals, causing body aches, but phytochemicals won't let 'em circulate. That's color protection, colors, colors, colors of the rainbow.

Chorus (repeat) Outro Vamp (repeat)

Blue purple, green, white, yellow, orange, red

For Flavanoids, for Carotenoids

How to play the song:

- Use the CD provided in a regular boom box or in a computer.

Computer use:

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