The Food Blues

The Corries

I was sitting in a motorway restaurant When the waiter came up he said what do you want I looked at the menu, it looked so nice Till he said let me give you some advice.

Spaghetti and potatoes they got too much starch Pork chop and gravy are bad for your heart There's hormones in chicken and beef and veal Ravioli is a dead man's meal.

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

Sugar rots your teeth and makes you put on weight Artificial sweetener's got cyclamates
Eggs got cholesterol, there's fat in cheese

Coffee ruins your kidneys, so does tea.

Fish's got mercury and red meat is poison Salt's going to send your blood pressure risin' Hot dog and salami got deadly red dyes Vegetables and fruit are sprayed with pesticides.

I said what can I eat that's gonna make me last He said a small drink of water in a tiny wee glass Then he stopped and he thought for a minute Never mind the water, there's carcinogenics in it.

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