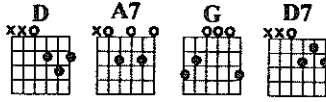


# BALANCED DIET



Bright Up Tempo  
Country Feel

Words and Music by  
Don Spencer and  
Allan Caswell

(Verse) D  
5 times

A7



If you want to look good.

You've got to feel good.

A7

D



You want to feel good.

You've got to eat good.

D

D7

G



'Cause the food you eat

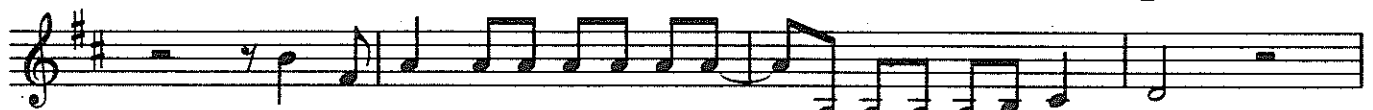
gives you en - er - gy .

G

D

A7

D



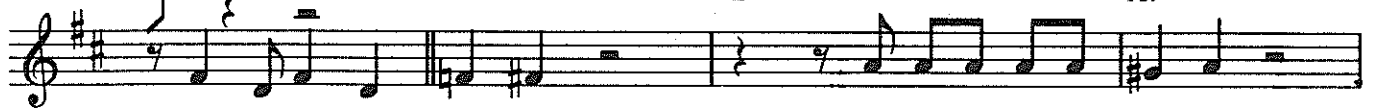
So be good to your bo - dy and on - ly give your bo - dy good food.

D

D (Chorus)

D


A7



That's a ba - lanced di - et.

You real - ly ought to try it.

A7 D




Be good to your bo - dy and on - ly give your bo - dy good food.

D D D7 G



That's a ba - lanced di - et. And you real - ly ought to try it.

D A7 D



'Cause if you're good to your bo - dy then your bo - dy will be good to you.

D <sup>^</sup> Repeat 5 times D (Chorus) A7




(That's a ba - lanced) di - et. You real - ly ought to try it.

A7 D



Be good to your bo - dy and on - ly give your bo - dy good food.

D D7 G



That's a ba - lanced di - et. And you real - ly ought to try it.

D A7 D

'Cause if you're good to your bo - dy then your bo - dy will be good to you.

D A7 D

If you're good to your bo - dy then your bo - dy will be good to you.

D A7 D

If you're good to your bo - dy then your bo - dy will be good to you.

*Fine*

### 2nd Verse on Rpt.

If you want to do well  
 You've got to feel well  
 If you want to feel well  
 You've got to eat well  
 And if you eat well  
 Everyone can tell  
 You've been good to your body  
 And only give your body good food.