

Don Spencer

BALANCED DIET

IF YOU WANT TO LOOK GOOD, YOU'VE GOT TO FEEL GOOD
IF YOU WANT TO FEEL GOOD, YOU'VE GOT TO EAT GOOD
'CAUSE THE FOOD YOU EAT, GIVES YOU ENERGY
SO BE GOOD TO YOUR BODY
AND ONLY GIVE YOUR BODY GOOD FOOD

CHORUS

THAT'S A BALANCED DIET
YOU REALLY OUGHT TO TRY IT
BE GOOD TO YOUR BODY
AND ONLY GIVE YOUR BODY GOOD FOOD
THAT'S A BALANCED DIET
YOU REALLY OUGHT TO TRY IT

'CAUSE IF YOU'RE GOOD TO YOUR BODY
THEN YOUR BODY WILL BE GOOD TO YOU

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

CHORUS X 2

IF YOU WANT TO LOOK GOOD, YOU'VE GOT TO FEEL GOOD
IF YOU WANT TO FEEL GOOD, YOU'VE GOT TO EAT GOOD
'CAUSE THE FOOD YOU EAT, GIVES YOU ENERGY
SO BE GOOD TO YOUR BODY
AND ONLY GIVE YOUR BODY GOOD FOOD

CHORUS X 3

IF YOU'RE GOOD TO YOUR BODY
THEN YOUR BODY WILL BE GOOD TO YOU

*DON SPENCER/ALLAN CASWELL
(UNIVERSAL)*