

Lament

I reduced the fat and gave up sweets,
Ate more veg and much less meat,
Salt reduced and sugar cut,
Which made my food taste yuk!
This controlled my BMI
As I didn't eat enough for a fly
Alcohol, a glass a day,
Ensured sobriety and no play.
Cigarettes, oh, dearie me!
Smoking kills one, don't you see.
Having followed all the rules,
Can anybody offer
A reason why I ended up
Lying in this coffer.

Tina