

## ***What's Best 4 Me*** ***from Lil' Red Ridin' thru da Hood***

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### **Chorus:**

I said I'm eatin' good in the neighborhood and  
Making healthy choices like I know I should,  
Gotta cut the fat  
So I can do my body good  
So I'll keep eatin' fruits and veggies like I know I should  
I know eatin' five a day is the key,  
Hey Yo' I'm just doin' what's best for me!



I eat a balanced diet like everyday and  
I feel so much better when I run and play,  
When I work up a sweat, I can feel my heart pumpin'  
movin' and groovin' to a beat that's bumpin',  
Wanna keep my body clean, don't want my food to be greasy,  
That's why fruits and veggies are off the heezy!  
Believe Me!  
They keep me looking good inside and out,  
And that's what being healthy is all about!

I said I'm eatin' good in the neighborhood and  
Making healthy choices like I know I should,  
Gotta cut the junk  
So I can do my body good  
So I'll keep eatin' fruits and veggies like I know I should  
I know eatin' five a day is the key,  
Hey Yo' I'm just doin' what's best for me!

Gran'ma's in the kitchen cookin' up a good meal  
Chicken, corn on the cob, you know the deal,  
String beans and collard greens, that's what I'm lovin'  
And smells of that cornbread comin' out da oven.

Veggies tastin' so good -- I've already had four,  
that'll be five if I just have one more.  
Never knew eatin' five a day could be so easy...  
And don't forget the fruit  
Now that's fa' sheezy!--  
Oh no--! This meal's about to be over,  
So I'll wash it all down with some juice, not Soda! 'Cause

### **(Chorus)**

Eatin' good food helps me feed my mind,  
Keepin' up with my work 'cause I don't wanna get behind  
But I'm done with my books, it's time to hit the court now,  
I'll be shootin' and dunkin' like the best know how-  
I can be whoever I want to be,  
I believe I can fly  
'Cause I got so much energy!

### **(Chorus)**

HEY YO' I'M JUST DOIN' WHAT'S BEST FOR ME!  
HEY YO' I'M JUST DOIN' WHAT'S BEST FOR ME!

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