



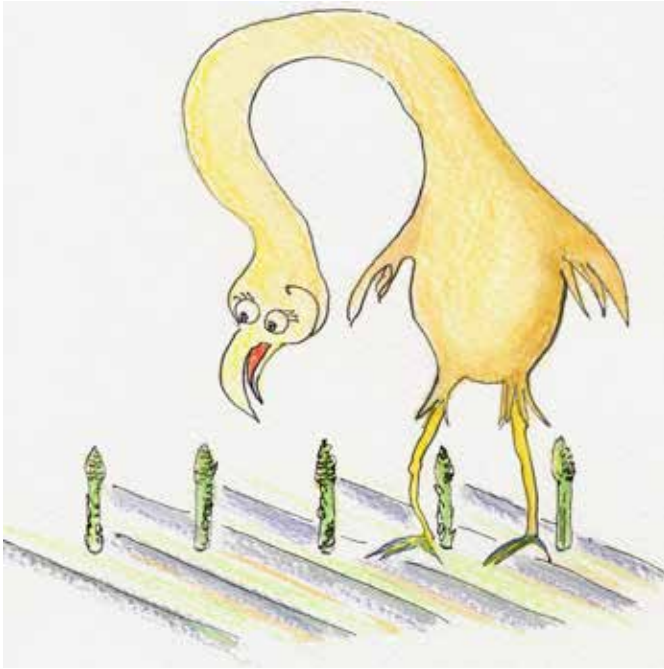
FAIRWOOD FOWLER

**AN A TO Z OF
THE WELL-ROUNDED DIET**

**TAM FAIRLIE
THE FL@UBERT DUCK SERIES**



for Sivam



THE **A**SPARAGUS AUK ASSURES US

Its not just the stalk that Allures us.
Its the Salt and the Butter
That sets hearts aflutter.
A few spears a day, are a treat to assay.
Addiction may be the despair of us
But nothing compares with Asparagus.



THE **B**ANANA BOOBEY BELABOURING

This fruit's most luscious flavoring
Decries the gourmet's wavering
The **B**anana is for savoring.
When abundantly consumed.
It **B**ring health (it is presumed)

THE COOKIE CURLEW CONFIRMS

That under almost any terms
The Cookie should take precedence.
Contrary to Common Credence
A package is most wholesome
And helps you rock and roll some
And quite replete with beaksome health
Expanding embonpoint by stealth.
Cookies will your mood uplift
(But abundance oft turns mind to gift.)





THE **D**ATE DODO DEPLORES

Banality of modern fares
Which leads to plunging mores
Quite dreadful, it declares.
But **D**ates impart a fortitude
Reputedly intestinal
Especially when a lot are chewed
Which is considered best in all.
Those whose daily diets missed 'em
Risk a poor, enfeebled system.

EGG ENTERPRISE BOARDS

EXHORT

That Eggs should be our first resort.

They Egg us to Eat

This Elliptical treat

Which helps shape a mind

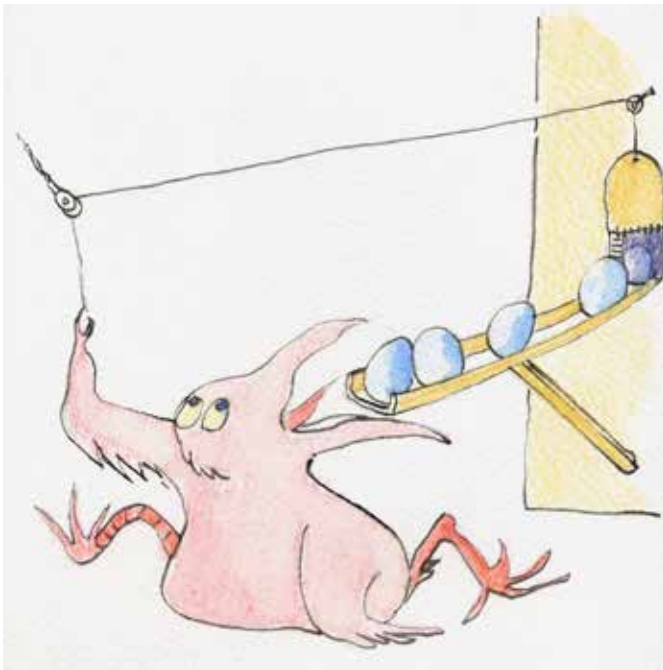
That's obliquely inclined.

Soufflé or omelet or sugared Eclair

Life without Eggs would be harder to bear.

Thrush eggs or Emus', whatever the sort

Eggs are deemed truly as Nature's great thought.





F RUITCAKE **FANATIC FRIBBLERS** **FOMENT**

Dietary revolution. They're bent
On Fructose and roughage.
And plenty of stuffage -
Prescription to stave off anorexia
And also allay other ills sent to vex ya.
For protein is dull - For heaven's sake!
When you could just Fill up on delicious Fruitcake.

THE GOONEY

IS A GARLIC GROWER

That will ooze advice from every pore.

Raw or powdered, mushed or dried

A clove helps purge the soul inside.

So five a day we're heard him say

Will keep all Ghastly Ghouls away.





HAMBURGER HONCHOS

TAKE HEART

In the diet of the **H**eron
The Burger plays crucial part.
(Which they take some time preparin')
With plenty of relish and layered embellish
Gigantic proportions sculpt body distortions
To build up mystique
and substantial physique.
Some indeed say they're genetically modified
But I think it's the hamburger wad inside.

THE ICE CREAM INSTITUTE

INSISTS

That a misguided notion persists
Though their product is delicious
Some questions whether it's nutritious.

The Ibis now is of the view
If one is good - then better two.
Other nostrums she resists
As not concordant with her wishes.





THE **J**ELL - O JUNCO

JUDGES

Those pathetic little drudges
Who snobbish with sobriety
Shun fun and impropriety.

A Jolly bowl of Jell-O
Will make a fellow mellow.
With Jubilance he'll quiver
Both low flyer and high liver.
A joyful bowl should culminate
Each meal with raucous Jell-O fete.

THE KEEN KEN OF THE

KESTREL KULAK

Knows exactly what meals *do* lack.

Yet call it **Kismet**, say it's fated

Kumquats are quite underrated.

In dessert, tucked in any salad

In almost every course they're valid

Of pithy flesh enamored

They won't refrain until they're sated.





THE **L**EMON LINNET

LOUDLY LAUDS

This zesty fruit against all odds.
Denies its sourness, Lack of means
To stir the hearts of Libertines.
For Lemon pie is packed with bliss
Meringue and cream go not amiss.
Remember this as basic fiat,
Lemon's vital in the diet.

MANGO MARTINS

MAINTAIN

And harp on it again and again
Gulp one down daily
To be hearty and haley
And buck up all spirits that wane.





NUTHATCH **N**UTRITIONISTS

NE'ER DENY

When the teeniest Nut to catches eye.

A tidbit or gobbet

A Nibble or Nobbet

It's packed with protein. 'Tis life's staff

But some, of course prefer the chaff.

OYSTER

OBLATES

OFFT

OPINE

That Oyster flesh is very fine.
Objectors to such food malign
The Oyster for its lack of spine.
But let us now **all** doubts dispel
It's better not to eat the shell.



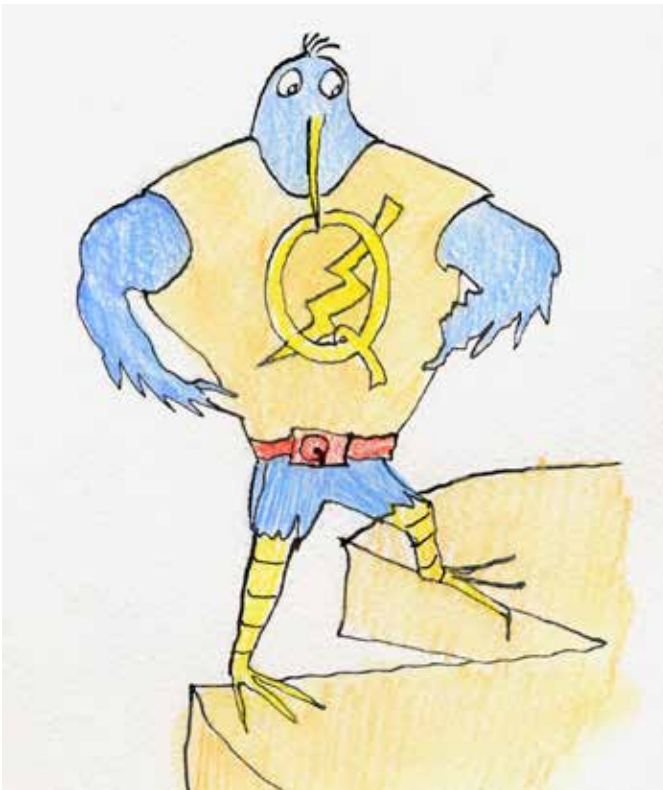


PORRIDGE **P**UFFINS **ARE PRONE**

To admire what puts flesh on the bone
The fragrance of **P**orridge,
Notwithstanding your age
Ah! Such **P**leasures are never outgrown.
Porridge you see, makes you seem very staunch.
But this virtue may be, only due to your paunch.

THE **Q**UICHE **Q**UANGO **Q**UAILS **Q**UIBBLE

Claim that pies aren't just fribble
And question the Quiddity of those who might shun
The benefits of Quiche as their daily nibble
Real Quails that eat Quiche are second to none.
They'll come back for helpings again and again
Both the sagest of gourmets and stout trencherman.





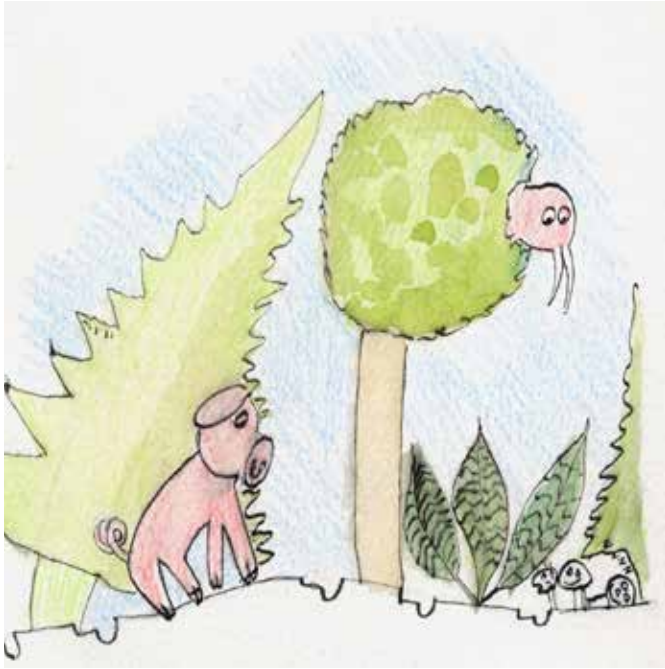
RABBIT **R**AVENS **RANT**

On evidence that's scant
There's nothing like a **Rabbit**
It's becomes a daily habit.

THE **S**ICKLY **S**WEETS **S**OCIETY

States Sweets are not just succulent
So abandon all propriety
On Sweet virtues they're quite truculent.
So Swallows them the Swallow
Who in Sticky glory wallow.
For them it's question of volition
Than a case of clear nutrition.





TRUFFLE **T**IT TOUTS

With their very long snouts
Take pleasure in two kinds of Truffle.
First sautéed or fried
With butter alongside
Which piglets in their wisdom snuffle.
Then end of repast – O Tittering squeal!
Is chocolate at last which will Top off the meal.

THE **U**NCOOKED, UNPRESERVED UNEVERYTHING AND (PROBABLY) UPSIDE DOWN SOCIETIES UNDERScore

The importance of raw food (include the core)

Both dainty sushi from afar

Pickles gulped straight from the jar

Or egg drenched mound of steak tartare -

Plucked from earth and rolled in mud

Such nutriments enrich the blood

Of healthy fare compose your meal

Why does your appetite congeal?





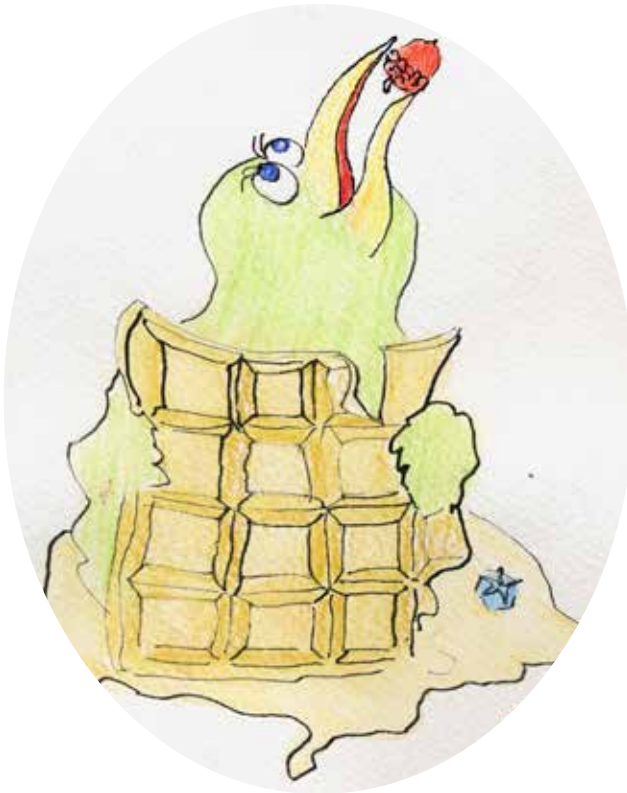
VENERABLE **V**ENISON
VULTURES
VERIFY

That Venison is Vital.
We should all take a bite all.
‘Tis a taste not to rarify
(Only deer it might scarify.)

Waffle Widgeons

Wish

Misconception now to clear up
Every layered Waffle dish
Should be drenched in maple syrup.
Then heaped with tasty garnish
O! how appetite does rear up!





HEAR THE
XYLOPHAGUS XERX
EXTOL

The Xylocarpes ideal role
In sound tasty wood loving to hole
Impelled as he is by a hunger of soul.
Ground Xylobtes play ideal role
As a garnish for 'most every dole.
(Perhaps your guests you'll need cajole.)

‘YOGURT IS YUMMY’

**YATTERERS
YEARN**

That all around should promptly learn
The merits of benign bacillus
With which they advocate to fill us.
For Yogurt they clamour
and stutter and stammer
And for it with ardor they burn.
(For a little bacillus won't kill us)





Zucchini Zeitgeist Zittles'

ZEAL

Extends to every small meal!

Each repast is not forsaken.

Till one Zucchini is partaken.

*Despite a wealth of sound advice
From experts who need ne'er think twice
Some souls endeavour to subsist
While adding little to the grist
And when you broach the menu topic
Their breadth of taste seems microscopic!*

*O Spare Us! Heavens! If you please -
Of life of Pasta and Salt Cheese!*







Yours Truly,

Fl@ubert Duck

