

**"Banana with Banana" (3 verses with refrain to the tune of Davy  
Crockett.**

**Words + singing by Armena Marderosian, May 2009.**

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**Please know it's best to eat fruit meals on an empty  
stomach as the main course (not as "dessert").**

CAPitalized syllable is downbeat=first beat of a measure. Capitalized first letter is the second  
beat. Uncapitalized but first word of a line is an "upbeat" before the downbeat.

**Verse 1 ('Born in a mountain top in Tennessee' original words)**

**baNAna With baNA na And a GRAPE With a GRAPE,**

**NUT or Seed with GREENS (not Sweets) we diGEST As an  
APE,**

**boNObos', Chimps', and HUmans' Plumbing's SAME In the  
PIPES,**

**sweet FRUIT with Greens (not FATS) digest WELL for  
PRImates of our TYPE.**

**Refrain: ("Davy, Davy Crocket, King of the wild frontier" original words)**

**diGESTion, SepaRATE sweet Fruit from FRUITS of Fat or  
ACid**

**and your TUMmy Will NOT Have a FIGHT,,,**

**diGESTion, SepaRATE sweet Fruit from NUT or Seed or  
avoCAdo**

**and your BELLY Will FEEL All RIGHT**

**Verse 2:**

**AVoCado, DURiAn or NUT Or SEED,**

**these FATty Fruits diGEST with Greens, only a LITtle  
FATdo we NEED,**

**ONE Time per DAY at Most, of ON-Ly one KIND,**

**these FATty Foodsdigest WELL with Greens (butnotwith  
SWEETfood of Any KIND).**

**Refrain: diGESTion, SepaRATE sweet Fruit from FRUITS**

**of Fat or ACid  
and your TUMmy Will NOT Have a FIGHT  
diGESTion, SepaRATE sweet Fruit from NUT or Seed or  
avoCAdo  
and your BELLY Will FEEL All RIGHT**

**Verse 3:**

**paPAYa, Peach, perSIMMons, Pear will GIVE our NATural  
FUEL.**

**such WHOLE fresh RIPE raw JUICy Fruits, and baNANas  
Are the RULE,**

**EAT eNOUGH CALories of Fruit, and HAPpiNess will  
BLOOM**

**inyourBODY And your MIND and Mood, you'll FIND you  
Want to ZOOM.**

**Refrain: diGESTion, SepaRATE sweet Fruit from FRUITS  
of Fat or ACid  
and your TUMmy Will NOT Have a FIGHT  
diGESTion, SepaRATE sweet Fruit from NUT or Seed or  
avoCAdo  
and your BELLY Will FEEL All RIGHT**