Ecclesiastes 6:7" All the hard work of mankind is for their mouth, but even their own soul does not get filled.

Footnote: Literally, the earthling man Hebrew, ha-'a-dham'

[2] - References:

- In the sweat of your face you will eat bread until you return to the ground, for out of it you were taken. For dust you are and to dust you will return. (Genesis 3:19)
- The soul of the hard worker has worked hard for him, because his mouth has pressed him hard. (Proverbs 16:26)