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*Starchy, plain foods like rice, potatoes
 and noodles are good choices when
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The 14 Best Foods to Eat When

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What to Eat When You're Sick: Immune-Boosting Foods Broth. Warm, comforting, and packed with vitamins and minerals, broth can help support immunity and it's easy to sip if... Soup. Soup is a classic food to eat when you're sick, and provides more substance than clear broth alone. Tea. Few things ...

**What to Eat When You're Sick:
Simple Immune-Boosting Foods**

Eating healthy foods and drinking lots of water during your period is key to help stave off symptoms such as bloating and cramping. Eat things like leafy greens, fish, and yogurt. You may also ...

**What to Eat During Your Period:
Fish, Leafy Greens, Yogurt ...**

10 Foods to Help Relieve Constipation 1 Berries. Both berries clock in at about 8 grams of fiber per cup (plus they're high in water for extra... 2 Coffee. If you find yourself racing to the bathroom after your morning cup of joe, there's a reason for that—"coffee... 3 Chia seeds. These seeds are ...

**10 Foods to Eat When You're
Feeling Constipation**

Home of the book What To Eat When by Dr. Mike, Roizen Chief Wellness Officer at the Cleveland Clinic and Dr. Michael Crupain, Medical Director at the Doctor Oz Show. Your number one source for how to eat with your circadian rhythm to improve health, lose weight, and have more energy. We cover ever

What To Eat When

"Dark green leafy veggies provide energy, protein, and fiber and are loaded with antioxidants," says Clow. Try eating greens such as kale, spinach, swiss chard, or collard greens for a healthy...

11 Foods To Eat If You're Tired, Because You Don't Have To ...

As a snack, you can try figs, raisins or dry plums, dates or olives, they're all rich in iron and are ideal to improve levels of hemoglobin in your blood and cure anemia. Cereals are also great given that it is a food that contains much iron, perfect to fight off anemia. 7.

What to Eat when You are Anemic - 7 steps

The 15 Best Foods to Eat When You're

Sick 1. Chicken Soup. Chicken soup has been recommended as a remedy for the common cold for hundreds of years — and for good... 2. Broths. Similar to chicken soup, broths are excellent sources of hydration while you're sick. They're full of flavor... 3. Garlic. ...

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13 Foods to Eat When You're Pregnant 1. Dairy products. During pregnancy, you need to consume extra protein and calcium to meet the needs of your growing... 2. Legumes. This group of food includes lentils, peas, beans, chickpeas, soybeans, and peanuts (aka all kinds of... 3. Sweet potatoes. Sweet ...

13 Foods to Eat When You're

Pregnant - Healthline

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If you're on a low-carb diet, then feel free to eat fatty meats. But if you're on a

moderate- to high-carbohydrate diet, then choosing lean meats may be more appropriate. 6.

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What to Eat When You're Pregnant, 3rd edition: Revised and ...

If you're pregnant or planning to get pregnant, the safest approach is to not drink alcohol at all. This keeps risks to your baby to a minimum. Herbal teas. You should drink no more than 4 cups of herbal tea a day. Liquorice. Liquorice is safe to eat. But you should avoid

liquorice root. Fruits, vegetables and salads

Foods to avoid in pregnancy - NHS - NHS

Nutritionist reveals her top late-night snacks - and how to curb those pesky sugar cravings for good Jessica Sepel, founder of JS Health, has revealed the best late-night snacks Posting on her website, Ms Sepel suggested snacking on food full of protein She recommended yoghurt with berries, dark ...

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