

**eating soup that has been time temperature  
abused**

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## Nutrition and healthy eating - Mayo Clinic

You can master healthy eating by learning how to plan meals and shop smart, and by practicing healthy-cooking techniques.

## 10 great health foods - Mayo Clinic

Some of the best foods for health combine nutrients, such as vitamins, minerals, fats and protein. If those foods also have limited amounts of added sugar, fat or salt added to them, they are called nutrient-dense foods. Foods that are a source of fiber, vitamins and minerals and that are high in plant chemicals called phytonutrients are a bonus. Eating nutrient-dense foods regularly, over ...

## Eating disorders - Symptoms and causes - Mayo Clinic

Overview Eating disorders are serious health conditions that affect both your physical and mental health. These conditions include problems in how you think about food, eating, weight and shape, and in your eating behaviors. These symptoms can affect your health, your emotions and your ability to function in important areas of life.

## □□□□□□ Nutrition basics - □□□□□□ - Mayo Clinic

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## Belching, gas and bloating: Tips for reducing them - Mayo Clinic

Belching or passing gas, also called flatus, is natural and common. Excessive belching or flatus, along with bloating, pain or swelling of the belly, can sometimes interfere with daily activities or cause embarrassment. But these symptoms usually don't point to a serious underlying condition and are ...

## Nutrition and healthy eating Healthy cooking - Mayo Clinic

You can master healthy eating by learning how to plan meals and shop smart, and by practicing healthy-cooking techniques.

## Heart-healthy diet: 8 steps to prevent heart disease - Mayo

# Clinic

You might know that eating certain foods can raise your heart disease risk. Even though changing your eating habits can be tough, you can take simple steps to get started today. Whether you've been eating unhealthy for years or you simply want to fine-tune your diet, here are eight heart-healthy diet tips.

## **Dietary fiber: Essential for a healthy diet - Mayo Clinic**

Eating less fiber may ease symptoms. Living with gastroparesis With this condition, the stomach empties slowly after eating. High-fiber foods may make gastroparesis symptoms worse. Preparing for a colonoscopy A colonoscopy is an exam used to look for changes in the large intestine and rectum.

## **Diverticulitis diet - Mayo Clinic**

This way of eating can lead to weakness and other health issues if you follow it for too long. That's because it doesn't provide enough of the nutrients that the body needs. Your healthcare professional helps you slowly get back to your regular diet as soon as your symptoms start to improve.

## **Hypothyroidism diet: Can certain foods increase thyroid function?**

There's no evidence that eating or avoiding certain foods will help the thyroid work better in people with underactive thyroid.