

## Eat Or Be Eaten

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### **Eat Or Be Eaten**

Since the arrival of COVID-19, a shiny red satin prom dress has been sequestered in 18-year-old Rose Menichini's closet, patiently awaiting its debut at the York High School prom. Now, after more than ...

### **High school proms are back, sort of. Some will have no dancing, no eating, no heels — and entrance might require a negative COVID-19 test.**

Stop stress eating in its tracks with these dietitian-approved strategies to curb cravings and cope with emotions in a more healthy way.

### **Five Expert-Approved Ways To Curb Emotional Eating**

When you eat, a chemical called dopamine is released in your brain. Think back to the food you truly enjoy eating.

### **Understanding the habit of stress eating**

One freelancer used the Noom app to record her weight and track her food intake during the pandemic. She lost seven pounds in eight months.

### **I paid \$150 to try the popular weight-loss app backed by investors like Tony Xu and Scooter Braun. It taught me better eating habits, but keeping the weight off was harder than ...**

As a psychologist who cares for adolescents I am well aware of the prevalence of eating disorders among teenagers. Even still, I am stunned by how much worse the situation has become in the pandemic.

### **Eating Disorders in Teens Have 'Exploded' in the Pandemic**

The Big Brother star and mental-health campaigner, who tragically lost her life to a fiercely entrenched eating disorder earlier this month, may be one of the most-known adult names to have suffered ...

### **Why we must work to better understand eating disorders**

The loss of routines, school day rhythms, cherished after-school activities and face-to-face friendships likely fueled the eating disorder increase.

### **Column: Eating disorders have 'exploded' among young people during the pandemic. What one expert says parents should be doing.**

Dietitians say to watch out when eating some of these foods so you don't overdo it and reverse all of the healthy goals you set for yourself.

### **Popular Foods You're Eating Way Too Much Of, According to Dietitians**

We asked registered dietitians to share some of their favorite healthy foods to eat every day that you can start stocking up on regularly.

### **Healthy Foods Dietitians Say You Should Be Eating Every Day**

After trying out fad diets, both Gabby Landsverk and Rachel Hosie believe the 80/20 rule is best for health and a positive relationship with food.

### **Insider's nutrition reporters both swear by the 80/20 rule for dieting. Here's how they eat healthily without cutting out pizza or ice cream.**

Cats are notoriously picky eaters, so you were probably a little shocked when you first caught your kitten eating his litter right out of the box. First of all, ew. Second of all, why is he eating his ...

### **Why Is My Kitten Eating Litter?**

If you've never heard of 'high meat', count yourself lucky. A ridiculous diet trend that is being pushed by (you guessed it) some internet users, high meat ...

### **Some People Are Eating Raw, Rotten "High Meat" Left To Decompose For Months**

If meat is left out on the counter for too long, we all know we need to throw it out. But what about rice or pasta?

### **Eating 5-Day-Old Pasta or Rice Can Actually Be Deadly. Here's How**

Najbart says SSM Health Weight Management programs offer a full range of weight-loss strategies to help you regain your health and identify the root cause of maintaining a healthy weight. Emotional ...

### **SSM Health Medical Minute - What is emotional eating and how can you help it?**

Lockdowns associated with the COVID-19 pandemic increased stress and anxiety in patients with eating disorders and caused posttraumatic stress disorder-related symptoms, new research suggests.

### **COVID Lockdowns Linked to PTSD in Patients With Eating Disorders**

If that logic makes sense to you, it might be worth asking whether this routine is going to let you perform at your peak during the workday. Yes, you want consistency, but you also want "to keep your ...

### **Eating for Peak Productivity Doesn't Mean Torturing Yourself**

According to a new study, a healthy lifestyle that includes adding mushrooms to your diet could lower your cancer risk.

### **Study: Eating More Mushrooms Could Lower Your Cancer Risk by 45%**

A Maryland man was booted off a Southwest Airlines flight for not wearing a mask while eating Twizzlers. "I, Avi Mandel, just got kicked off a plane because I wasn't wearing my mask in between ...

### **Southwest kicks man off for not wearing a mask while eating Twizzlers: report**

Datuna believes that the NFT boom is a democratizing force in the art world, and argues that it could benefit "starving artists".

### **The banana-eating artist from Art Basel says the NFT boom is a blessing**

A woman who was placed into a coma after contracting a flesh-eating bug while swimming says she is "lucky to be alive". Keen runner Lou Trott, 51 from Westbury, Wiltshire, tripped and cut her knee ...

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