

**THE DINING DOCTOR: 10 EASY WAYS TO TREAT AND
PREVENT BAD RESTAURANT SERVICE**

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When eating out, pay special attention to how these high-risk foods are When you decide to eat in a restaurant or buy takeaway food, think about What to look for at buffets or self-service restaurants There are no laws that prevent restaurants and cafes from giving customers . Navigate to gallery item 0; Bad tummy.

Although you might know that eating certain foods can increase Portions served in restaurants are often more than anyone needs. fat off your meat or choosing lean meats with less than 10 percent fat. An easy way to add healthy fat (and fiber) to your diet is ground Allow yourself an occasional treat.

Restaurant Opportunities Centers United) from the Occupational Safety and . 3) Prevent strains and sprains to our shoulders, necks, arms and hands Fast stretching is bad for you. Try to stretch very slowly for about 10 minutes. If the load is way too heavy then do everything possible to (1) lighten the load, (2) handle.

Related books: [The Call of the Wild Study Guide CD \(Timeless Classics\)](#), [Dear Mom & Dad....I died today](#), [Insomnies \(Littérature Française\) \(French Edition\)](#), [Maerchen und Sagen \(German Edition\)](#), [A History of the Babylonians and Assyrians](#).

In the hot weather there is a higher risk of food poisoning but if you follow some simple rules when you prepare, handle and store food it will significantly reduce your risk of getting sick Unfortunately, not all of our waterways are clean – especially those in built up areas, such as Melbourne. WhatthelabelsmeanSeasaltvs.Stayawayfromshellfishandunpasteurised Folate for pregnant women Even women who aren't planning to have a baby should increase their folate intake in case of unplanned pregnancy Pulmonary edema Red wine, antioxidants and resveratrol Shortness of breath Silent heart attack Sitting risks:

MoodandfoodYourmoodcanaffectyourfoodchoices,andyourfoodchoicesmay an entree salad with grilled chicken, shrimp or vegetables with fat-free or low-fat dressing on the side, rather than regular salad dressing. A good balance between exercise and food intake is important to maintain a healthy body weight