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Belching right after eating

Knowing what to eat can be confusing. Everywhere you turn, there is news about what is or isn't good for you. But a few basic tips have withstood the test of time. Regardless of what cuisine you prefer, here's what all healthy eating plans have in common. They include: Fruits and vegetables Lean meats and plant-based sources of protein Less added sugar Less processed foods Try the Diabetes Plate Method. Eating healthy is important, it can be hard to know what and how much to eat—especially when you're managing diabetes. If you're looking for an easy place to start, then try following the Diabetes Plate Method. This simple guide offers a stress-free way to plan your portions without any counting, calculating, or measuring. First, grab a 9-inch plate. You want to fill half your plate with non-starchy vegetables, one quarter of the plate of protein foods, and the last quarter of the plate with carbohydrate foods. Top it off with a glass of water or another zero calorie drink and you've got yourself a well-balanced plate! This helps take the guess work out of meal planning so you can spend more time doing the things you love. Check out the types of foods listed below so you can be on your way to eating good to feel great. Non-starchy vegetables Using the Diabetes Plate Method as your guide, fill half your plate with non-starchy vegetables for a healthy meal. These vegetables keep you feeling full for longer and provide you with the great-tasting nutrients your body needs without as many calories and carbs. Non-starchy vegetables include broccoli, carrots, cauliflower and more! Learn more about non-starchy vegetables. Protein Protein is an important part of a diabetes meal plan. Are you plant-based? That's okay! There are plenty of protein-rich plant-based options, such as beans, hummus, lentils and others. Learn about your best choices. Fruits Wondering if you can eat fruit? Yes! While fruit does count as a carbohydrate food, they are loaded with vitamins, minerals and fiber just like vegetables. Fruit can also help you satisfy your sweet tooth without the added sugar. Find out about the best choices. Fats Fats are not the enemy. Focus on adding healthy fats (like monounsaturated and polyunsaturated fats) to lower your cholesterol and protect your heart. Healthy fats can be found in foods like olive oil, nuts, avocados, some types of fish and a host of other tasty options. Make healthy choices to decrease your risk of heart disease. Get the facts on fats. Diabetes superfoods You may have heard of diabetes superfoods. Get the facts, and then supercharge your meal plan with these ten foods full of vitamins, minerals and fiber. Learn more about diabetes superfoods. Because belching is the body's way of getting rid of swallowed air, you can cut down on unwanted and potentially embarrassing belches by cutting down on how much air you swallow. Here are some home remedies for doing so:Stifle it. Sometimes, belching produces such an inordinate sense of relief that chronic belchers will encourage themselves to burp many times. It's better not to do this. Repeated belching triggers more belching.Don't smoke. Here is yet another reason to quit smoking. When you inhale smoke from cigarettes, cigars, or pipes, you swallow excessive amounts of air.Watch what you put in your mouth. Chewing gum and sucking on hard candy or lollipops stimulate air swallowing, too.Check your dentures. Am improper fit can cause you to swallow air--and burp.Mind your manners. Mom was right again when she told you not to talk with your mouth full. She wanted to teach you manners, but the fact is, eating with your mouth open makes you swallow air.Eat slowly. People who gulp down food and beverages are swallowing excessive amounts of air. They're also crowding the stomach with too much to digest, which causes a gaseous buildup.Relax. Anxiety and stress can cause you to swallow more often, which increases the amount of air taken in. When you feel stressed, force yourself to breathe slowly and deeply.Don't catch cold. A cold brings on postnasal drip, and this annoying symptom will probably make you swallow much more frequently. So if you catch a cold bug, try to blow your nose often to keep your nasal passages as clear as possible. Better yet, try to protect yourself from exposure to cold viruses.Limit bubbly beverages. Drinking carbonated beverages, including beer, creates air in the stomach that has to come out, one way or the other.Go strawless. Drinking through a straw increases the amount of air you swallow.Stay active. Don't lie down after you eat. Activity will force the burps out instead of letting them build up.Keep a diary. Keep a diary, noting foods and beverages consumed, as well as specific incidents prior to the start of burping. You may discover that you are more burp-prone immediately after you eat certain foods, like dairy foods. (See Home Remedies for Lactose Intolerance for more information.)Get a checkup. Although belching is not normally a symptom of an illness, some gastrointestinal disorders are accompanied by belching, including gallstones, hiatal hernia, ulcer, and gastritis. If you find yourself burping more than normal, it's a good idea to check with your doctor to rule out any serious medical conditions.If you're simply belching to expel gas, you can look to your kitchen for relief. Read the next section to learn more.This information is solely for informational purposes. IT IS NOT INTENDED TO PROVIDE MEDICAL ADVICE. Neither the Editors of Consumer Guide (R), Publications International, Ltd., the author nor publisher take responsibility for any possible consequences from any treatment, procedure, exercise, dietary modification, action or application of medication which results from reading or following the information contained in this information. The publication of this information does not constitute the practice of medicine, and this information does not replace the advice of your physician or other health care provider. Before undertaking any course of treatment, the reader must seek the advice of their physician or other health care provider. Most eating-related side effects of cancer treatments go away after treatment ends. But some side effects can last for some time. If this happens to you, talk to your cancer care team and work out a plan to manage the problem. As you begin to feel better, you may have questions about eating a healthier diet. Just as you wanted to go into treatment with the best nutrition that your diet could give you, you'll want to do the best for yourself at this important time, too. Eating well will help you regain your strength and energy, rebuild tissue, and feel better overall. Tips for healthy eating after cancer treatment Check with your cancer care team to see if you have any food or diet restrictions. Ask your dietitian to help you create a nutritious, balanced eating plan. Try to eat a variety of colorful fruits and vegetables each day; include citrus fruits and dark-green and deep-yellow vegetables. Eat plenty of high-fiber foods, like whole-grain breads and cereals. Try to buy a different fruit, vegetable, low-fat food, or whole-grain product each time you shop for groceries. Avoid or limit your intake of red meat (beef, pork, or lamb) and processed meats such as salt-cured, smoked, and pickled foods (including bacon, sausage, and deli meats). Choose low-fat milk and dairy products. It is best not to drink alcohol. If you drink, limit the amount to no more than 1 drink per day for women, and 2 for men. Alcohol is a known cancer-causing agent. If you're overweight, consider losing weight by cutting calories and increasing your activity. Choose activities that you enjoy. Be sure to check with your cancer care team before starting an exercise program. Visit Eat Healthy or call us at 800-227-2345 to learn more about choosing foods for a well-balanced meal plan. Skip to content Restaurant meals don't have to be dietary disasters. These tricks can help you enjoy dining away from home without going overboard. Each product we feature has been independently selected and reviewed by our editorial team. If you make a purchase using the links included, we may earn commission. For many of my clients, going out to eat feels like a mini vacation where anything goes and healthy eating goals fall by the wayside. Trouble is, many are dining out more often and the effects of those splurge meals snowball, leading to weight gain or preventing weight loss. According to one recent study, a single meal at a sit-down restaurant can pack nearly a dayâ€™s worth of calories, and meals consumed away from home are higher in unhealthy fats and sodium and lower in filling fiber. But restaurant meals donâ€™t have to be dietary disasters. These 7 savvy tricks can help you enjoy dining away from home without going overboard. Most restaurants post menus online. Do a little recon and scope out healthy options in advance (and when youâ€™re not already hungry). Mentally pre-ordering can prevent you from feeling stressed or rushed when youâ€™re there. It may also lessen the chances that youâ€™ll throw caution to the wind and order what sounds good in the moment, rather than what will feel good later. Some of my clients tell me they wind up nibbling on chips and salsa or tearing into a slice of bread not because theyâ€™re favorites, but simply because theyâ€™re there. Thatâ€™s easy to do when food is within armâ€™s reach and youâ€™re hungry, but eating extras that arenâ€™t worth it, well, just isnâ€™t worth it. Next time you dine out, set a mental agenda to decline anything that isnâ€™t a favorite or worth the splurge. If you donâ€™t really love it, you wonâ€™t regret passing. If you know youâ€™re going to splurge, plan it by choosing one special food and building your meal around it. For example, if youâ€™re going to a place with fantastic French fries, which are rich in carbs and fat, pair them with veggies and lean protein to create balance. The same goes for dessert. Ordering grilled fish and steamed veggies with a side of fries or following it with dessert may seem odd, but it makes a whole lot more sense than going all out and leaving the restaurant feeling stuffed and sluggish. Forget all or nothing: in between is the best, and sanest, place to be. Some of my clients tell me that they end up overeating at restaurants because theyâ€™re hesitant to âœmake a fussâ€ when they order. But these days, customizing your meal when dining out is the norm, so donâ€™t feel bad about asking for swaps or making special requests. For example, ask for a turkey burger wrapped in lettuce instead of a bun, trade fries for steamed veggies, order side dishes in place of an entrÃ©e, and nix unwanted toppings, sauces, or garnishes. At one of my favorite restaurants I always order the same salad, but with five changes. Each time I tell the server, âœiâ€™m so sorry to be a pain, butâ€ they always respond with a friendly âœNo problem!â€ and say they want happy customers who get what they want and keep coming back. Win, win. Recent research shows that we tend to mimic the eating rate of whoever we dining with. For example, one study found that when one womanâ€™s fork moves towards her mouth, the other is likely to take a bite within five seconds. This unconscious effect could trigger you to eat faster, and gobble down more overall food than you would on your own. To counter it, consciously set a slower pace. Put your fork down between bites, take eating breaks to talk or sip water, and resist picking up speed, even if your dining companion is chowing down faster. Taking it slow has been shown to result in naturally eating less, while feeling more satisfied, the perfect way to end a restaurant meal. Not only are sugary drinks bad for your health, research shows theyâ€™re not filling. So when you drink 250 calories worth of sugar, you wonâ€™t compensate by eating less food, and those liquid calories just get tacked onto a meal. When dining out, stick with good old fashioned H2O, and drink a glass or two before you start eating. Studies have shown that this trick can result in taking in fewer calories without trying. Sipping water between bits can also help to slow your eating pace, and keep you hydrated, which is key for both digestion and metabolism. Sometimes clients tell me they overeat when dining out because they donâ€™t want to waste food they paid for. I get itâ€wasting food or feeling like youâ€™re throwing money away doesnâ€™t feel good. However, if you eat more than your body needs youâ€™re still wasting food. The difference is instead of getting thrown in the trash, the surplus gets socked away in your fat cells, and you have to carry the waste around with you 24/7. When I share this analogy with clients, this powerful realization often leads to paying closer attention to their hunger and fullness levels, ordering more appropriate portion sizes, stopping when full, and quitting the clean plate clubâ€all changes that can lead to effortlessly shedding pounds and inches, especially when dining out. Cynthia Sassa is a nutritionist and registered dietitian with masterâ€™s degrees in both nutrition science and public health. Frequently seen on national TV, sheâ€™s Healthâ€™s contributing nutrition editor, and privately counsels clients in New York, Los Angeles, and long distance. Cynthia is currently the sports nutrition consultant to the New York Rangers NHL team and the Tampa Bay Rays MLB team, and is board certified as a specialist in sports dietetics. Her latest New York Times best seller is âœYouâ€™re Not Alone!â€ Yourself Slim: Conquer Cravings, Drop Pounds and Lose Inches. Connect with Cynthia on Facebook, A Twitter, and a Pinterest. Â© Copyright . All rights reserved. Printed from this link is to an external site that may or may not meet accessibility guidelines. Last Updated on February 11, 2021 Coca-Cola is an adored product the world over. While keeping yourself in good health means moderating how often you enjoy this drink, Coca-Cola lovers will be happy to hear that there are plenty of uses for the soda pop that don't involve ingesting it. Impressively, Coca-Cola can be used to help you clean, get rid of rust, and even help maintain your garden. Whether you are looking for a way to finally get rid of those pesky stains, or just want to find new ways to love this drink, these 20 jaw-dropping and unusual uses for Coca-Cola will blow you away.Kill pests in your gardenCoca-Cola is also an effective pest control method for your garden. To rid yourself of plant munching slugs and snails, pour a small bowl of Coca-Cola and place it near your garden or flowerbeds. The smell will attract these crawling bugs and the drink's acidity will kill them.Defrost your windshieldIncredibly, Coca-Cola can also defrost your windscreen in the wintertime. Simply pour Coke liberally across your windshield and wait about a minute. The ice should turn to slush for easy removal.Clean your pansCoca-Cola is also useful in the kitchen, especially on burnt pans. For any pan with burnt on messes, pour a can of Coke into the pan and simmer. The mess should easily wipe away. You can also soak kettles and other kitchen items in Coca-Cola to remove scale and build up. Clean bugs from your windshieldAnother way Coca-Cola can aid in your car care is by removing bugs and gum from your windshield. Soak a cloth in coke, then rub across your windshield. Just be careful not to get any on your paint job.Remove rust from your carCoca-Cola is also useful when removing rust. The simplest method is to dip crumpled tinfoil in Coca-Cola, then give the item a scrub and you should be rust free.Looseen rusty boltsSimilarly, use Coca-Cola to loosen up a rusty bolt. Simply unscrew the bolt half a turn and pour on Coca-Cola. Let it sit, then give the metal a wipe. The bolt and screws will be one hundred percent in no time.Remove stains from your fabricSurprisingly, Coca-Cola is incredibly helpful when removing stains from clothing and fabric. Coke will easily remove grease stains, as well as blood spots. Remember that Coca-Cola itself is brown, so stains on light fabrics might be better removed another way. Remove oil spotsAnother way to use Coca-Cola is to remove oil stains from cement. Whether it's your garage or your driveway, soak the stain in Coca-Cola for a few hours then hose off.Relieve jellyfish stingsShould you be unwilling to neutralize a jellyfish sting the traditional way (with urine) pouring Coca-Cola on the sting will also do the job.Clean your car engineCoca-Cola is also an effective ways to clean your car engine. Believe it or not, Coke distributors have reportedly been a fan of this technique for ages. Use it in cookingCoca-Cola is also a fantastic addition to many recipes. Using Coca-Cola to cook pot roast or steaks in will easily tenderize the meat for you. Mixing Coke with ketchup or barbecue sauce also makes for a delightfully sweet glaze. Clean your old coinsAnother way to use Coke to clean is to soak tarnished coins in the soda. About ten minutes should be enough to get rid of the muck.Clean your tilesIncredibly, Coca-Cola can also be applied to tiles to effectively clean grout. Let Coke sit on the tiles that need cleaning for a few minutes, then wipe away.Supercharge your compostCoke is also an impressive way to speed up your compost. The sugar in Coca-Cola feeds micro organisms, plus the acidity will help your compost break down faster.Remove gum from your hairCoca-Cola can also help you avoid a major hair disaster. If you have gum stuck in your hair, dip the gum into a small bowl of Coke and let it sit for a few minutes. The Coca-Cola breaks down the gum, allowing you to wipe it off. Faded unwanted hair dyeSimilarly, if you made a mistake with your hair dye, Coca-Cola comes to the rescue. It's probably best to get in the shower first, then pour Diet Coke over your hair. Let the soda sit for a few minutes, then wash your hair like normal. This method is effective in removing temporary hair dyes, but will likely only fade professionally applied dyes.Clean marker stainsCoca-Cola is also an easy way to remove marker stains from carpet. Apply a small amount of Coke, scrub the spot, then clean with soapy water. Again, remember that Coca-Cola is brown, so removing stains on white or light-colored carpets might be better achieved with another method.Clean your toiletCoca-Cola can also help you clean elsewhere in the house. To easily clean a toilet, pour Coca-Cola all around the bowl and let it sit. There's no need to scrub, simply flush and your toilet should be sparkling clean.Feed your plantsCoca-Cola is also a surprising way to add a little extra life to some flowering plants. Particularly with azaleas and gardenias, adding a small amount of Coca-Cola to the soil can deliver nutrients your plant may be low on. Get rid of bugs at a picnicThe last of our unusual uses for Coca-Cola is to safeguard your picnic or outdoor lunch from pests and wasps. Simply pour a small cup of Coca-Cola and set it out about a half hour before you start to eat. By placing the cup away from your site, bugs will be drawn to the soda and not your lunch.Featured photo credit: Omer Wazir via flickr.com

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