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The best and worst foods to eat when you' re sick

It s important to stick to regular eating schedules when sick because consuming fewer calories than normal can restrict the body s ability to heal.

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Eating when you have nausea and vomiting

Don't force yourself to drink or eat if you're nauseated or vomiting. See if you can drink another half cup for each time you vomit. When and how to eat if you're

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