

# Food: What The Heck Should I Eat

Mark Hyman (doctor)

*it in his book Food: What the Heck Should I Eat?, published in 2018. The pegan diet has been termed by some dietitians as a fad diet. The diet's emphasis*

Mark Adam Hyman (born November 22, 1959) is an American physician and author. He is the founder and medical director of The UltraWellness Center. Hyman was a regular contributor to the Katie Couric Show until the show's cancellation in 2013. He hosts an eponymous podcast, The Dr. Hyman Show, which examines many topics related to human health. He is the author of several books on nutrition and longevity, of which 15 have become New York Times bestsellers, including Food Fix, Eat Fat, Get Thin, and Young Forever.

Hyman is a proponent of the pseudoscientific functional medicine, a form of alternative medicine. He is the board president of clinical affairs of the Institute for Functional Medicine and is the founder of and senior adviser to the Center for Functional Medicine at the Cleveland Clinic. Hyman promotes the pegan diet, which has been characterized as a fad diet.

Springfield pet-eating hoax

*spread online saying Haitian immigrants were stealing and eating pets in Springfield, Ohio. The claims began with a local Facebook group post claiming a*

Starting in September 2024, false claims spread online saying Haitian immigrants were stealing and eating pets in Springfield, Ohio. The claims began with a local Facebook group post claiming a neighbor's daughter's cat had been butchered, and spread quickly among far-right and neo-Nazi groups. The claims were then amplified by prominent figures in the American right, most notably Republican Ohio senator and vice-presidential nominee JD Vance, followed by his running mate Donald Trump and allies such as Laura Loomer and Elon Musk. Subsequently, the person who posted to Facebook and her neighbor admitted the daughter's involvement was false and it was just a rumor from a friend's acquaintance, with whom they had not spoken.

Springfield and county law enforcement said that no credible reports or evidence support the claims, and the city's mayor Rob Rue and Ohio governor Mike DeWine, who are both Republicans, denounced them. Fact-checking website Snopes called the claims unfounded, while others characterized them as a hoax or a lie. When challenged on the factual basis of the claims, Vance told interviewer Dana Bash, "If I have to create stories so that the American media actually pays attention to the suffering of the American people, then that's what I'm going to do."

The claims were widely described as racist, and they spread amid existing racial tensions in Springfield, where recent legal Haitian immigration strained some public resources. There had been previous incidents of hostility towards the local Haitian community and unfounded local rumors of Haitians stealing waterfowl for food. After the claims spread, dozens of bomb threats targeted Springfield schools, hospitals, public buildings, and businesses, often accompanied by anti-Haitian messages. Fact-checking website PolitiFact named the hoax its annual "Lie of the Year".

Consumption of Tide Pods

*Gronkowski, having him issue the message: "What the heck is going on, people? Use Tide Pods for washing. Not eating. Do not eat." The majority of cases involving*

Like most detergent products, Tide Pods, a laundry detergent pod sold by Procter & Gamble (P&G) since 2012, can be deadly if ingested. Media reports have discussed how children and those with dementia could mistake laundry pods for candy and endanger their health or life by consuming them, and they were named an emerging health risk by the Centers for Disease Control and Prevention in 2012. Between 2012 and 2013, poison control centers reported over 7,000 cases of young children eating laundry pods, and ingestion of laundry pods produced by P&G had resulted in six deaths by 2017. In response to the dangers, P&G changed Tide Pod containers to an opaque design, introduced warning labels, and added a bitter-tasting chemical to the pod contents.

In late December 2017, Tide Pods emerged within Internet meme culture. In early 2018, their presence in Internet memes led to the "Tide Pod Challenge", which involved a dare to intentionally consume the pods. Responding to the growing media outcry, Google and Facebook started to remove videos that featured the challenge, and P&G aired numerous advertisements urging people to avoid eating the pods.

## Sashimi

*Garnishes: What are they and should you eat them?&quot;. Retrieved 27 November 2022. Bradford, Sir Edward Eden (1923). Life of Admiral of the Fleet Sir Arthur*

Sashimi (??; English: s?-SHEE-mee, Japanese: [sa?imi?]) is a Japanese delicacy consisting of fresh raw fish or meat sliced into thin pieces and often eaten with soy sauce.

## Swedish Chef

*babble perfected. Then, much later, I actually WROTE the babble! Heck, I come from good Danish stock, which Jim and I decided made me an expert in Scandenavian*

The Swedish Chef is a Muppet character from the sketch comedy television series The Muppet Show, known for his eccentric culinary skills and communicating in mock Swedish gibberish. He was originally performed by Jim Henson and Frank Oz simultaneously, with Henson performing the head and voice and Oz performing the character with real hands. The Swedish Chef is currently performed by Bill Barretta with Peter Linz performing the character's hands. He is best known for his ridiculous cooking methods and the phrase "Bork, bork, bork!".

## Emotional eating

*Emotional eating, also known as stress eating, comfort eating and emotional overeating, is defined as the &quot;propensity to eat in response to positive and*

Emotional eating, also known as stress eating, comfort eating and emotional overeating, is defined as the "propensity to eat in response to positive and negative emotions". While the term commonly refers to eating as a means of coping with negative emotions, it sometimes includes eating for positive emotions, such as overeating when celebrating an event or to enhance an already good mood.

## James Beard Foundation Award: 2020s

*Keeps America Sick and Fat&quot;; &quot;Meet the Silicon Valley Investor Who Wants Washington to Figure Out What You Should Eat&quot;; by Catherine Boudreau and Helena*

The James Beard Foundation Awards are annual awards presented by the James Beard Foundation to recognize culinary professionals in the United States. The awards recognize chefs, restaurateurs, authors and journalists each year, and are generally scheduled around James Beard's May birthday.

The foundation also awards annually since 1998 the designation of America's Classic for local independently-owned restaurants that reflect the character of the community.

## Cattle

PMC 9653558. PMID 36359144. Orr, Adam I. (28 June 2023). "How Cows Eat Grass: Exploring Cow Digestion". Food and Drug Administration. Retrieved 13 February

Cattle (*Bos taurus*) are large, domesticated, bovid ungulates widely kept as livestock. They are prominent modern members of the subfamily Bovinae and the most widespread species of the genus *Bos*. Mature female cattle are called cows and mature male cattle are bulls. Young female cattle are called heifers, young male cattle are oxen or bullocks, and castrated male cattle are known as steers.

Cattle are commonly raised for meat, for dairy products, and for leather. As draft animals, they pull carts and farm implements. Cattle are considered sacred animals within Hinduism, and it is illegal to kill them in some Indian states. Small breeds such as the miniature Zebu are kept as pets.

Taurine cattle are widely distributed across Europe and temperate areas of Asia, the Americas, and Australia. Zebus are found mainly in India and tropical areas of Asia, America, and Australia. Sanga cattle are found primarily in sub-Saharan Africa. These types, sometimes classified as separate species or subspecies, are further divided into over 1,000 recognized breeds.

Around 10,500 years ago, taurine cattle were domesticated from wild aurochs progenitors in central Anatolia, the Levant and Western Iran. A separate domestication event occurred in the Indian subcontinent, which gave rise to zebu. There were over 940 million cattle in the world by 2022. Cattle are responsible for around 7% of global greenhouse gas emissions. They were one of the first domesticated animals to have a fully-mapped genome.

## 2025 deaths in the United States

*Away Ralph Heck Cathy Hudgins, former Hunter Mill District supervisor, dies at 81* &#039;*Duck Dynasty*&#039;*Star Phil Robertson Dead at 79 Kool & the Gang*&#039;*s Michael*

The following notable deaths in the United States occurred in 2025. Names are reported under the date of death, in alphabetical order.

A typical entry reports information in the following sequence:

Name, age, country of citizenship at birth and subsequent nationality (if applicable), what subject was noted for, year of birth (if known), and reference.

## Vitamin B3

*alcoholism. It also tends to occur in areas where people eat maize (corn) as a staple food, as maize is low in digestible niacin. A cooking technique*

Vitamin B3, colloquially referred to as niacin, is a vitamin family that includes three forms, or vitamers: nicotinic acid (niacin), nicotinamide (niacinamide), and nicotinamide riboside. All three forms of vitamin B3 are converted within the body to nicotinamide adenine dinucleotide (NAD). NAD is required for human life and people are unable to make it within their bodies without either vitamin B3 or tryptophan. Nicotinamide riboside was identified as a form of vitamin B3 in 2004.

Niacin (the nutrient) can be manufactured by plants and animals from the amino acid tryptophan. Niacin is obtained in the diet from a variety of whole and processed foods, with highest contents in fortified packaged

foods, meat, poultry, red fish such as tuna and salmon, lesser amounts in nuts, legumes and seeds. Niacin as a dietary supplement is used to treat pellagra, a disease caused by niacin deficiency. Signs and symptoms of pellagra include skin and mouth lesions, anemia, headaches, and tiredness. Many countries mandate its addition to wheat flour or other food grains, thereby reducing the risk of pellagra.

The amide nicotinamide is a component of the coenzymes nicotinamide adenine dinucleotide (NAD) and nicotinamide adenine dinucleotide phosphate (NADP<sup>+</sup>). Although nicotinic acid and nicotinamide are identical in their vitamin activity, nicotinamide does not have the same pharmacological, lipid-modifying effects or side effects as nicotinic acid, i.e., when nicotinic acid takes on the -amide group, it does not reduce cholesterol nor cause flushing. Nicotinamide is recommended as a treatment for niacin deficiency because it can be administered in remedial amounts without causing the flushing, considered an adverse effect. In the past, the group was loosely referred to as vitamin B3 complex.

Extra-terrestrial nicotinic acid and nicotinamide have been detected in carbonaceous chondrite meteorites and in sample-returns from the asteroids 162173 Ryugu and 101955 Bennu.

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