

# What Can I Eat

Chick-fil-A

*Archived from the original on June 14, 2021. Retrieved February 20, 2021. "What can I eat from Chick-fil-A restaurants during Lent?". Chick-fil-A. Archived from*

Chick-fil-A, Inc. ( CHIK-fil-AY, a play on the American English pronunciation of "filet") is an American fast food restaurant chain and the largest chain specializing in chicken sandwiches. Headquartered in College Park, Georgia, Chick-fil-A operates restaurants across 48 states, as well as in the District of Columbia and Puerto Rico. The company also has operations in Canada, and previously had restaurants in the United Kingdom and South Africa. The restaurant has a breakfast menu and a lunch and dinner menu. The chain also provides catering services. Chick-fil-A calls its specialty the "original chicken sandwich". It is a piece of deep-fried breaded boneless chicken breast served on a toasted bun with two slices of dill pickle, or with lettuce, tomato, and cheese.

Many of the company's values are influenced by the Christian religious beliefs of its late founder, S. Truett Cathy (1921–2014), a devout Southern Baptist. Reflecting a commitment to Sunday Sabbatarianism, all Chick-fil-A restaurants are closed for business on Sundays, Thanksgiving, and Christmas Day. The company's conservative opposition to same-sex marriage has caused controversy; the company began to loosen its stance on this issue from 2019. Despite numerous controversies and boycott attempts, the 2022 American Customer Satisfaction Index found that Chick-fil-A remained the country's favorite fast food chain for the eighth consecutive year, and it has the highest per store sales of any fast food chain in the nation.

"What I eat in a day" video

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"What I eat in a day" videos are a trend on several social media platforms where a person describes all the meals and snacks that they eat during a given day, often as part of a given diet. The videos, shared on platforms including Twitter, TikTok and YouTube, become increasingly popular in 2020, with some of them accumulating millions of views, and they are considered a profitable industry for the people making them. Some have raised concerns that the videos may promote an unrealistic standard for healthy eating and contribute to the development of eating disorders.

You can't have your cake and eat it

*simultaneously retain possession of a cake and eat it, too". Once the cake is eaten, it is gone. It can be used to say that one cannot have two incompatible*

You can't have your cake and eat it (too) is a popular English idiomatic proverb or figure of speech. The proverb literally means "you cannot simultaneously retain possession of a cake and eat it, too". Once the cake is eaten, it is gone. It can be used to say that one cannot have two incompatible things, or that one should not try to have more than is reasonable. The proverb's meaning is similar to the phrases "you can't have it both ways" and "you can't have the best of both worlds."

For those unfamiliar with it, the proverb may sound confusing due to the ambiguity of the word 'have', which can mean 'keep' or 'to have in one's possession', but which can also be used as a synonym for 'eat' (e.g. 'to have breakfast'). Some find the common form of the proverb to be incorrect or illogical and instead prefer: "You can't eat your cake and [then still] have it (too)". Indeed, this used to be the most common form of the

expression until the 1930s–1940s, when it was overtaken by the have-eat variant. Another, less common, version uses 'keep' instead of 'have'.

Choosing between having and eating a cake illustrates the concept of trade-offs or opportunity cost.

### What's Eating Gilbert Grape

*What's Eating Gilbert Grape is a 1993 American coming-of-age drama film directed by Lasse Hallström, and starring Johnny Depp, Juliette Lewis, Mary Steenburgen*

What's Eating Gilbert Grape is a 1993 American coming-of-age drama film directed by Lasse Hallström, and starring Johnny Depp, Juliette Lewis, Mary Steenburgen, Leonardo DiCaprio, John C. Reilly and Darlene Cates. It follows a grocery store clerk, living with his dysfunctional family including his morbidly obese mother, his mentally disabled younger brother and two sisters, in the fictional rural town of Endora, Iowa.

Peter Hedges wrote the screenplay, based on his 1991 novel of the same name. Filming took place from November 1992 to January 1993 in various parts of Texas.

The film was well received, with Depp and DiCaprio's performances garnering critical acclaim. At age 19, DiCaprio received his first nominations for the Academy Award and Golden Globe Award for Best Actor in a Supporting Role.

### Diabetes management

*1174–1182. doi:10.3945/jn.116.242552. PMID 28424256. "I have Type 1 diabetes – what can I eat?". Diabetes UK. Retrieved 14 June 2019. Seckold R, Fisher*

Diabetes mellitus is a metabolic disease that is characterized by chronic elevated blood glucose levels (hyperglycemia). Therefore, the main goal of diabetes management is to keep blood glucose levels within normal limits or a target range as much as possible. If diabetes is not well controlled, further challenges to health may occur. People with diabetes can measure blood sugar by various methods, such as with a glucose meter or a continuous glucose monitor, which monitors over several days. Glucose can also be measured by analysis of a routine blood sample. In addition to lifestyle modification, some individuals may need medications to adequately control their blood sugar levels. Other goals of diabetes management are prevention or treatment of complications that can result from the disease itself and from its treatment.

### Diet in diabetes

*Diabetic Diet And Nutrition". Retrieved 11 March 2018. "I have Type 1 diabetes – what can I eat?". Diabetes UK. Retrieved 14 June 2019. Dyson PA, Twenefour*

A diabetic diet is a diet that is used by people with diabetes mellitus or high blood sugar to minimize symptoms and dangerous complications of long-term elevations in blood sugar (i.e.: cardiovascular disease, kidney disease, obesity).

Among guideline recommendations including the American Diabetes Association (ADA) and Diabetes UK, there is no consensus that one specific diet is better than others. This is due to a lack of long term high-quality studies on this subject.

For overweight and obese people with diabetes, the most important aspect of any diet is that it results in loss of body fat. Losing body fat has been proven to improve blood glucose control and lower insulin levels.

The most agreed-upon recommendation is for the diet to be low in sugar and refined carbohydrates, while relatively high in dietary fiber, especially soluble fiber. Likewise, people with diabetes may be encouraged to

reduce their intake of carbohydrates that have a high glycemic index (GI), although the ADA and Diabetes UK note that further evidence for this recommendation is needed.

## I Want to Die but I Want to Eat Tteokbokki

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*I Want to Die but I Want to Eat Tteokbokki* (Korean: ?? ??? ????? ?? ??; RR: *Jukgo sipjiman tteokbokkineun meokgo sipeo*) is a 2018 memoir by Baek Sehee. The book follows Baek's conversations with her psychiatrist regarding her depression while also addressing other topics related to mental health and selfhood. Since its self-publishing in 2018, the book has become a nationwide bestseller and been translated in 25 countries, selling over a million copies total worldwide. In 2022, an English translation by translator Anton Hur was published by Bloomsbury Publishing.

## Eating crow

*discounts the complaint by claiming he "kin eat anything", and the boarders wonder if he can eat a crow. "I kin eat a crow!" the farmer says. The boarders*

Eating crow is a colloquial idiom, used in some English-speaking countries, that means humiliation by admitting having been proven wrong after taking a strong position. The crow is a carrion-eater that is presumably repulsive to eat in the same way that being proven wrong might be emotionally hard to swallow. The exact origin of the idiom is unknown, but it probably began with an American humor story published around 1850 about a smart aleck New York farmer who is outwitted.

Eating crow is of a family of idioms having to do with eating and being proven incorrect, such as to "eat dirt", to "eat one's hat" (or shoe), or to put one's foot in their mouth; all probably originating from "to eat one's words", which first appears in print in 1571 in one of John Calvin's tracts on Psalm 62: "God eateth not his words when he hath once spoken".

An Australian demonym for South Australian people is croweater but it does not carry the same idiomatic meaning as eating crow.

## Jimmy Eat World

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Jimmy Eat World is an American rock band formed in Mesa, Arizona, in 1993. The band is composed of lead vocalist and lead guitarist Jim Adkins, rhythm guitarist and backing vocalist Tom Linton, bassist Rick Burch, and drummer Zach Lind. They have released ten studio albums, all but the first featuring the current line-up.

The four-piece's commercial breakthrough came with the release of several singles from their album *Bleed American* (2001), four of which charted within the top 20 positions of the *Alternative Songs* chart, with "The Middle" reaching No. 1. Their follow-up album, *Futures* (2004), featured the No. 1 song "Pain".

The RIAA-certified *Bleed American* platinum and *Futures* gold, rewarding the two albums for selling over 1.5 million records between them. The band's sixth LP, *Chase This Light* (2007), became their highest-charting album and peaked at No. 5 on the *Billboard* 200. The band released their tenth album, *Surviving*, in October 2019.

## This Is Not What I Expected

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This Is Not What I Expected (Chinese: ???) is a 2017 romantic comedy film directed by Derek Hui and produced by Peter Chan, starring Takeshi Kaneshiro and Zhou Dongyu. It is adapted from the novel Finally I Get You written by Lan Bai Se. The film was released on 27 April 2017.

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