7 tricks to suppress your appetite health diet and people who ate half a grapefruit with each meal lost an average of 3.6 pounds in three months according to a study at the nutrition and metabolic research, is cold brew as healthy as regular coffee health there's no more refreshing way to get a caffeine kick on a sweltering day than by sipping an iced coffee and now that so many coffee drinkers have made, 24 things you should never order when you eat out health from sneaky sodium traps to dicey dishes that put you at risk for food poisoning these are the menu items you're better off skipping, should i take calcium supplements calcium sharecare if your diet is inadequate in calcium a supplement may be necessary however when it comes to calcium supplements some may be good but more is not, the 4 most common choking hazards for adults huffpost truth is anyone can choke even adults who have been eating solid foods for decades here's how to play it safe and prevent choking