

## [WHAT IS GOOD TO EAT WHEN YOUR ON A DIET](#)



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Gastritis typically involves any condition that causes inflammation of your stomach lining. For most, gastritis is minor and will go away quickly when treated. You may avoid it by altering what you eat and starting a gastritis diet. Read about what foods to eat and what foods to avoid when you're on a gastritis diet.

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If you can't pronounce the ingredients, don't eat it. Stick at it. A common mistake is to ditch your healthy eating plan before you see the results. Denoris recommends persuading others to join you or at least surrounding yourself with supportive people. You should also only start a regime when your life feels relatively stable.

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### **Intermittent Fasting What Should I Eat Greatist**

Before changing the way you eat and altering your diet in any significant way, please speak with a health professional to make sure it's the best decision for you. Although the word fasting sounds scary, intermittent fasting (IF) is taking the diet world by storm.

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