

## Eat Or Be Eaten

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### Eat Or Be Eaten

The Nathan's Famous Hot Dog Eating Contest will take place on July 4th for (approximately) the 50th consecutive year. It will also be the 20th consecutive conte ...

### Four Rule Changes for the Nathan's Hot Dog Eating Contest

The healthiest eaters aren't necessarily those who eat the most vegetables and least sugar—they're the ones who have a good set of eating skills, or what researchers refer to as eating competence.

### Surprising Truths About Healthy Eating for Children

Great white shark carcasses have been washing up off the coast of South Africa with their livers and sometimes hearts removed.

### 2 Orcas Have Been Hunting Great White Sharks And Eating Their Organs

It put me on the fast track to an eating disorder. Food can be a source of pleasure and comfort. It can be a source of struggle. For others, like me, it was both. My relationship with food changed ...

### Dieting Put Me on the Fast Track to an Eating Disorder

The increase in nonwhite Americans identifying as vegetarian and eating less meat is part of the longstanding work of vegan activists of color to make plant-based eating more accessible.

### Nonwhite Americans are eating less meat. Vegan activists of color explain why

Competitive eating brought Nick Wehry and Miki Sudo together when they met four years ago while prepping for the Nathan's Hot Dog Eating Contest.

### 'The Hungry Couple': Nick Wehry and Miki Sudo sink teeth into competitive eating

Anorexia is an eating disorder mostly among teenagers who have a distorted perception of weight. Not only is it harmful to physical health but it also causes severe mental health issues.

### Anorexia nervosa: a dangerous, menacing eating disorder that threatens physical and mental health

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### Eating Healthy Should Not Break The Bank

Top-ranked eaters from across the globe, including reigning hot dog eating champion Joey Chestnut, will be certified for competition at the official weigh-in ceremony for the Nathan's Famous Fourth of ...

### Weigh-in ceremony set for Nathan's Famous Fourth of July International Hot Dog-Eating Contest

Olive oil's anti-inflammatory and antioxidant properties might help soothe sunburned skin from the inside out—and research shows that drinking or eating olive oil may even provide some pain relief.

### Can Drinking or Eating Olive Oil Help Heal Your Sunburn?

Brett Healey will represent Memphis on the biggest stage of competitive eating this 4th of July. It will also mark the end of a chapter in his life.

### Meet the 155-pound Memphis scientist in 2022 Nathan's Hot Dog Eating Contest | Giannotto

An ancient fossil reveals the earliest panda to survive solely on bamboo and the evolutionary history of panda's false thumbs.

### Eating bamboo? It's all in the wrist

In addition to jazzing up a dish, tomatoes have a range of health benefits, thanks to their antioxidants, vitamins, and minerals.

### 5 Surprising Effects of Eating Tomatoes, Say Dietitians

Research of 2,000 adults who eat meat found 46 percent have previously turned their nose up at "different" foods, only to be surprised by the flavor when they actually try them.

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