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The James Beard Foundation Awards are annual awards presented by the James Beard Foundation to recognize culinary professionals in the United States, sometimes called the "Oscars" of the food world. The awards recognize chefs, restaurateurs, authors and journalists each year, scheduled around James Beard's May 5th birthday. The media awards are presented at a dinner in New York City; the ...

James Beard Foundation Award - Wikipedia

Fish sauce is a liquid condiment made from fish or krill that have been coated in salt and fermented for up to two years.: 234 It is used as a staple seasoning in the cuisines of Southeast and East Asia, particularly Indonesian, Burmese, Cambodian, Filipino, Thai, Lao, and Vietnamese. Following widespread recognition of its ability to impart a savory umami flavor to dishes, it has been ...

Fish sauce - Wikipedia

Fish sauce in Thailand is called *nam bplah* or *nam pla* in Thai, literally "fish water", is the juice from the flesh of the fish that is extracted by prolonged salting and fermentation. The sauce is made from small fish that would otherwise have little value for consumption. This fish can either be freshwater or saltwater fish, with anchovies being preferred.

Nam Bplah (Pla) - Thai fish water - Oyster Food and Culture

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Introduction - allaboutpai.com

Recipes That Help You Burn Fat Free Trial Of Royal Garcinia Cambogia Garcinia Ultra Lean Reviews Garcinia Factor Side Effects Garcinia Cambogia And Drug Screens Weight gain can additionally be caused by health conditions such as hypothyroidism, food sensitivity, Cushing's syndrome, organ disease, medicine drug use, anxiety, glucose imbalance, and crucial fatty acid dearth.

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I don't usually post non-slow-carb recipes, but everything counts if you include your cheat day, right? There's some good reason to keep a gluten-free diet even if you don't necessarily keep it sugar free.

Slow Carb Foodie - Slow Carb Recipes and Lifestyle Tips

I am similar to you except I eat salt, some sugar and do not exercise. My LDL is 134. I just will not worry about it. I just don't believe they know all there is to know about it and I have seen too many studies showing higher cholesterol equals lower overall morbidity.

What can I do to lower my cholesterol? It seems I've tried

Notes - A significant percentage of infants with an allergy to dairy will also react to soy, so you may not want to rely on soy-based products to make up a large part of your dairy-free diet.

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