

Cardiac Cuisine: A Guide To Healthy Eating

By Gail Underbakke

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Managing our weight is one of the most important aspects of
maintaining a healthy heart. And, according to Gail
Underbakke, nutrition coordinator for UW Health's
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Greg Wright - Guide - Healthy is an unique home-made Khmer cuisine and a little western and Reversing Heart Disease through plant-based eating, <https://www.linkedin.com/pub/dir/Healthy/%2B/>

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<http://health.usnews.com/best-diet/jenny-craig-diet>

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