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Steps to heart healthy eating

<https://smh.andornot.com/en/permalink/stm1126>

Description:	This handout has information on ways to eat that are healthy for your heart
Format:	Patient Handout
Topics:	Heart and Circulation Diet and Nutrition
Body Location:	Heart and Blood Vessels
Language:	English
Canadian Source:	Yes
Created By:	St Michael's
Hospital Department:	Nutrition

Documents



73881_PE_Steps_to_heart_healthy_eating_Sep28_2018_V1.pdf

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