



# Heart Disease: Heart-Healthy Eating: The most important information you need to improve your health (The Everything® Healthy Living Series)

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Need to change your diet in light of your heart condition? The Everything® Healthy Living Series is here to help. These concise, thoughtful guides offer the nutritional information and healthy recipes you need to create a heart-healthy diet.

Inside you'll find everything you need in order to change your diet for the better, starting with advice on creating healthier eating habits as well as delicious yet nutritious meal options. Eating a heart-healthy diet is a key factor in dealing with your heart disease, and now you'll be on the right track.



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