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In addition to authoring Nutrition for Healthy Living and Nutrition Essentials: A Personal Approach, Wendy has coauthored a college-level personal health textbook and authored many other nutrition-related educational materials. She is a registered dietitian nutritionist and a member of the

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In addition to eating dairy foods, choosing leafy greens, broccoli, beans and almonds will help you achieve your calcium goals. And for vitamin D, the

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#### Mediterranean diet for heart health - Mayo Clinic

Diets that emphasize vegetables and

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