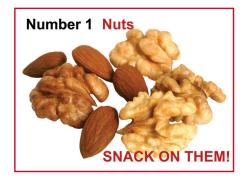
Eating for heart health: Dr. Rama's Top 10

Certain foods, as part of a healthy diet, have been found to offer significant heart-protective benefits. These are Dr. Pamela Rama's top 10 favorites:







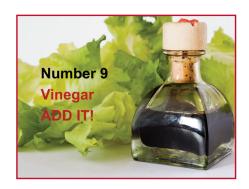


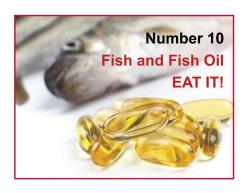
















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