

Follow-Up



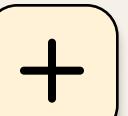
Select generated recommendation(s) or enter a custom recommendation for Darlene



- Pick Low-fat milk and Skim Milk over full cream milk.
- Add a cup of frozen veggies to your meal. Balanced eating helps heal the heart.
- Have a bushwalk with family, look out for goanna and emu eggs.

Refresh Recommendations

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