Leyla Weighs In: Breaking Free—Overcoming Cigarette Cravings

written by Leyla Muedin MS, RD, CDN | September 26, 2025

Discover how everyday foods can curb cigarette cravings! “Leyla Weighs In” revealing her own journey to becoming cigarette-free, and she details dietary hacks to support your quit-smoking journey. Don’t miss it!