# Leyla Weighs In: From Prescription to Plate—Embracing Food as Clinical Care

written by Leyla Muedin MS, RD, CDN | August 28, 2026

Did you know that a healthy diet can reduce hospitalizations by 31%? “Leyla Weighs In” on food as medicine and how it’s saving billions in healthcare costs. Learn more about the power of diet in managing chronic conditions. Check it out!