

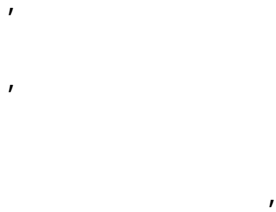
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Celebrate Smart

How to Navigate Nutrition During the Holidays

Here are some tips to make your holiday season healthier and get yourself ready for the New Year.

Portion Your Plate



Bring a "Healthy" Option

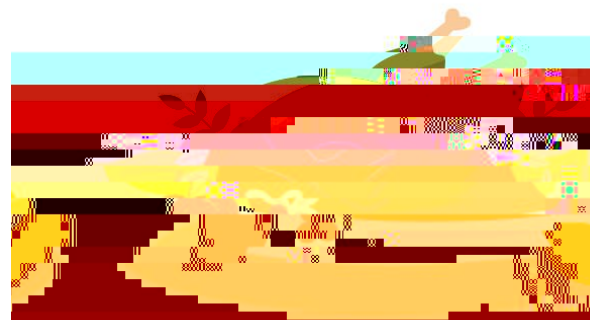
Utilize Your Leftovers

Share with Others

Eat Mindfully

Stay Hydrated

Get Active



The Season of Giving