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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

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Bring a "Healthy" Option

Utilize Your Leftovers

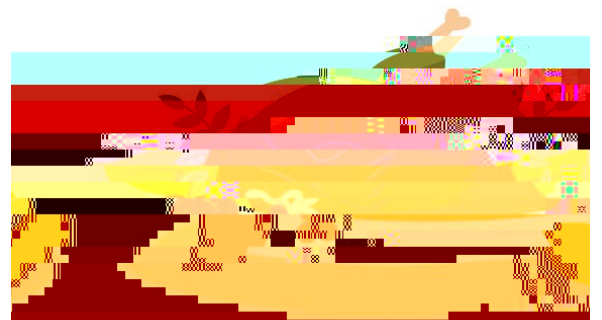
Share with Others

Eat Mindfully

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Stay Hydrated

Get Active



The Season of Giving