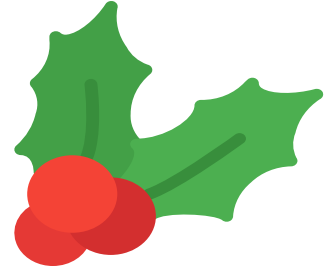


# Healthier Holiday Choices

## Tips for Healthy Eating during the Holidays

<https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>



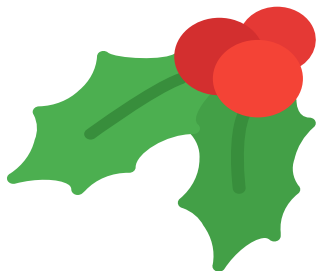
## 25 Healthier Food Swaps

<https://www.eatthis.com/healthy-food-swaps-holidays/>



## Healthy Holiday Eating for People with Diabetes

[https://www.diabeteseducator.org/docs/default-source/legacy-docs/\\_resources/pdf/general/AADE\\_Holiday\\_toolkit.pdf](https://www.diabeteseducator.org/docs/default-source/legacy-docs/_resources/pdf/general/AADE_Holiday_toolkit.pdf)



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