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## Mindful Holiday Eating

Citrus Chicken

The holiday season often means more parties and gatherings—and an abundance of festive food and drinks. However, practicing mindful holiday eating can help you savor the season without overdoing it. This healthy approach encourag nBT/TT2 1CID ag nBr0.941 Tf124.66 n11CID ag nBr0.9f124.7ncg nB90.941 T0.941 Tf367.27