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# Tips on Eating Healthy During the Tempting Holiday Season

*By: Registered Dietitians, Nutritional Services Department, Eisenhower Medical Center*

Eisenhower Medical Center's Nutritional Services Department wishes you a healthy and happy holiday season. They've provided great tips to help you get through the next few weeks of tempting holiday parties.



[Click here for 10 tips on how to stay fit and trim during the holidays!](#)

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