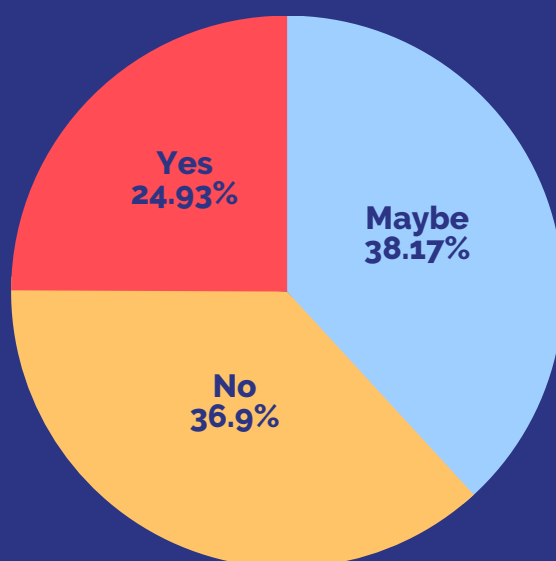


Holiday Food Habits & Resolutions

Only 24.93% of Americans say they will definitely be making resolutions this year

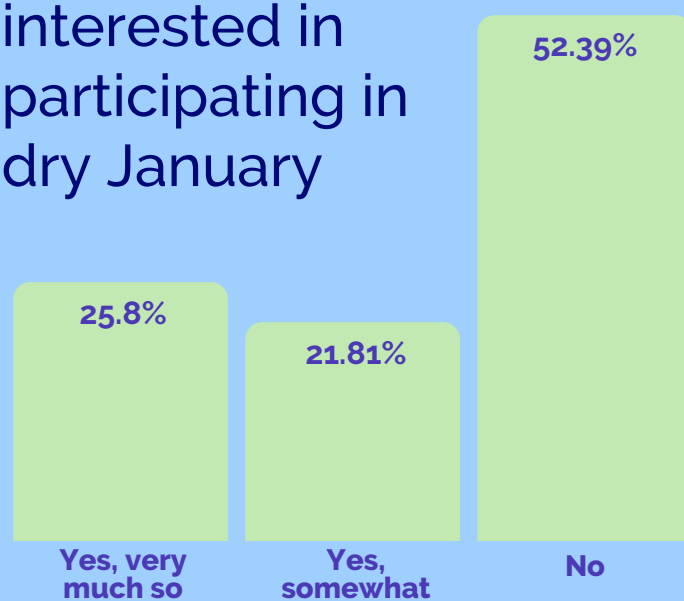


72% of Americans plan to implement a new wellness habit in 2024 - this is what they said

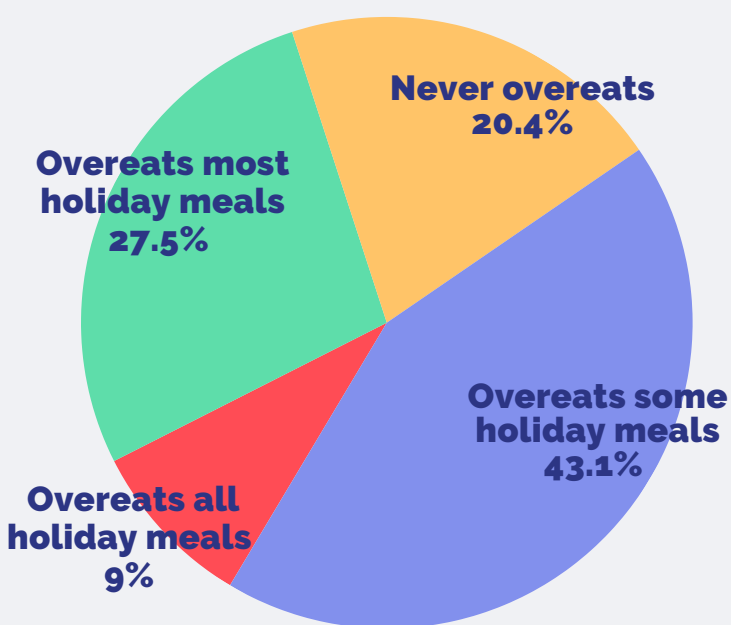
44.9% of Americans say that their drinking habits increase over the holiday season



Over **half** of Americans say they **ARE NOT** interested in participating in dry January



Holiday Food Habits



80.3% of Americans eat more sweets during the holiday season



60.3% of Americans say that Thanksgiving food makes them feel drowsy

