

FOOD

## 17 Perfect Gifts For The Health-Conscious Person You Know

Gettin' healthy for the holidays.

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*We hope you love the products we recommend! Just so you know, BuzzFeed may collect a share of sales from the links on this page.*

1. This **8-in-1 tool** makes it easier to cook AND keep your kitchen organized.

**BUY ME THAT**

Find Awesome Gifts For Friends And Family With Our "Gift Guide" Newsletter!

All The Best Cyber Monday Deals On Clothing And Accessories

39 Gifts From Target To Check Off Everyone On Your Nice List

### BuzzFeedNEWS

#### In The News Today

- Seventy-five people have died after a plane, which also carried a Brazilian soccer team, crashed in Colombia, police say. Six people survived.
- Trump has picked Elaine Chao as transportation secretary. She's the first Asian-American woman to hold a Cabinet-level position.
- After their town was recaptured from ISIS, 1,200 men were abducted by Iraqi security forces. Six months on, more than half of them are still missing.
- Snapchat's new camera/sunglasses hybrid is like a GoPro for hipsters.



amazon.com

No more junk drawer..

Get it for \$10 from Amazon.

## 2. Make your water even more delicious with this handy fruit-infusing water bottle.



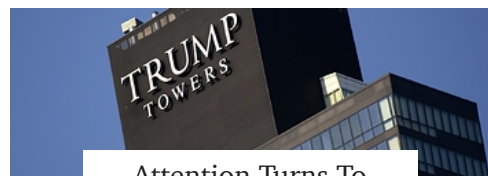
amazon.com

It includes a "sweat sleeve" to make it even easier to carry.

[https://www.buzzfeed.com/jessicaprobust/healthy-for-the-holidays?utm\\_term=.jxIVGp8o53#.jgPEK0BPZq](https://www.buzzfeed.com/jessicaprobust/healthy-for-the-holidays?utm_term=.jxIVGp8o53#.jgPEK0BPZq)

They're overhyped — but amazing.

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## Attention Turns To Security At Trump-Branded Global Properties

by Susie Armitage

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Get it for [\\$14](#) on Amazon.

### 3. An extremely beautiful [toothbrush](#) will encourage oral health.



[bit.ly](#)

Plus you can subscribe to new toothbrush heads.

Get it starting at [\\$25](#) from Quip.

### 4. And a trendy floss subscription will help you remember to treat your gums right.

17 Thanksgiving Mistakes Everybody Makes

19 Charts For Anyone Hosting Thanksgiving This Year



Women Postpartum Stories The Baby Books Won't Tell You

Nom or not?

Now Buzzing

28 Moments Anyone Who's Ever Moved Has Had In An Ikea

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Instagram: @getcocofloss

Starting at [\\$3.50](#) a month from Cocofloss.

5. The [world's prettiest yoga](#) mat will inspire even the most reluctant yogis.



urbanoutfitters.com

Get it for [\\$98](#) from Urban Outfitters.

Which Of The New Emojis Will You Overuse The Most?

People Are Freaking Out About This College Teen's Artistic Growth



10 Holiday Travel Hacks That'll Cut Through Stress

27 Things We All Did After Watching "Angus, Thongs..."

Do Magnetic People Really Exist – Or Is It Just Sticky Skin?

Chip And Joanna Gaines' Church Doesn't Support Same-Sex Marriage

25 Of The Best Throw Pillows You Can Get On Amazon

6. This **device** cleans 99.99% of bacteria off your phone in 5 minutes.



[amazon.com](#)

It works with any size phone, even with the case on. And you can even charge while it cleans.

Get it for **\$59** from Amazon.

7. This **band** supports boobs when running even better than a sports bra.



Starting at **\$30** from Amazon.



Which College Mascot Is Your Soulmate?

27 Gifts That Will Thrill Any Cocktail Lover

These Are The Survivors Of The Colombian Plane Crash

17 Wigs And Weaves That Will Inspire Your Next Hairstyle

Every Type Of Male Character Who Has Ever Appeared In A Romantic Comedy

**8. A [cookbook](#) that helps make clean eating simple and fun.**

*amazon.com*

Get it for [\\$15](#) from Amazon.

**9. The sleek [Fitbit Alta](#) is a tiny fitness tracker that is as stylish as it is motivating.**

*amazon.com*

Read our full review of the new Fitbits [here](#).

Get it for [\\$130](#) from Amazon.

**10. Turn your favorite veggies into healthy chips with this [microwave chip maker](#).**

*amazon.com*

Get the set for [\\$24](#) from Amazon.

**11. “Days” of the week [undies](#) might actually inspire you to run every day.**

*oiselle.com*

Get them for [\\$65](#) from Oiselle.

**12. A [minimalist journal](#) helps you keep track of your nutrition and fitness.**



*amazon.com*

Get it for [\\$25](#) from Amazon.

**13. Stylish [athleisure-wear](#) will make going to the gym less of a hassle.**

*amazon.com, bandier.com*

Get the leggings for [\\$185](#) and the jacket for [\\$168](#) from Bandier.

**14. This individual-serving [pasta basket](#) lets you make healthy portions (or just mix-and-match varieties).**

*amazon.com*

Get it for **\$10** from Amazon.

**15. This [personal blender](#) makes homemade smoothie breakfasts easier than ever.**

*amazon.com*

Get it for **\$25** from Amazon.

**16. A [ropeless jump rope](#) kit will encourage working out without the stumbles.**

*amazon.com*

Get it for **\$28** from Amazon.

**17. The *Brain-Science* coloring book uses neurological research to tackle stress management.**

amazon.com

Get the set for \$23 from Amazon.

For even more gift ideas, check out our segment on <http://www.doctoroz.com/>“> *The Dr. Oz Show* where we talk about the health-related gifts we’re obsessed with this year!

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NEXT ON FOOD›

**Milk Chocolate Is Better  
Than Dark Chocolate,  
End Of...**

▼ YOUR REACTION?

45

6

4

4

2

1

1

WIN

YAAASS

LOL

OMG

CUTE

FAIL

WTF

EW

▼ REACT WITH GIF

<

>



14 Things Every Latino Has Heard While Eating With The Fam

Other than, you know, chisme about everyone in your family. Celebrate times at the comedor with Miller Lite, the original light beer.

lite

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 Miller Lite

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