

KERI GLASSMAN'S TOP TIPS FOR HEALTHY LIVING/EATING/COOKING

1. Take control and organize your fridge and your kitchen environment. It is critical to eating well, keeping hydrated, and managing stress. Simple things like controlling clutter (and decluttering your fridge) will make it easier for you to be healthy, calm, and in control. One study found that 88 percent of people think they have too much clutter at home. For 40% percent of them, it causes genuine stress and anxiety. Keep that fridge in tip top shape.
2. Keep a clear counter. Find a home for your least used kitchen electronics and tools. Keep a small designated area for dropping keys and mail that is away from your cooking space. Chaos on the counter doesn't just affect how you feel, but can also have a major impact on your health.
3. Transfer packaged foods or foods bought in bulk to clear glass containers. It will keep your fridge looking fresh and keep your foods fresher for longer. Organize your pantry and fridge with the motto - if you see it, you'll use it: rearrange so the healthiest choices are most visible.
4. Food prep. Boil a few eggs, so they're available in your fridge for easy snacking, and spend 20 minutes in the kitchen chopping veggies and slicing fruit, to make cooking and snacking easier throughout the week. Include carrots, celery, peppers, and onions and apples, pears and grapefruit.
5. Twice the spice. Next time you're shopping, grab a spice you've never tried, and find a recipe to test-drive it. Designate one place to display spices so that they're all equally visible.
6. Go on a color quest at the farmer's market, and try to score at least 7 different color fruits and vegetables. It will inspire fresh cooking and also keep your fridge full of produce. But remember to separate your produce. Keeping fruit and vegetables in separate drawers will slow spoilage.
7. Make it twice. Think of at least two meals you can double up on, and stash in the fridge or freezer.
8. Limp veggies got you down? They don't need to go to waste. Place celery or asparagus stem-side down in water; and refrigerate until crisp