



## *10 foods you should never store in your refrigerator*

Some foods never belong in your refrigerator. Storing these foods in the fridge when you shouldn't can zap or alter their flavor, or make them go moldy fast. Why risk losing flavor when all you need to do is store your food correctly? Chances are you've mistakenly been storing some of these foods in your fridge, when you should really be keeping them out on your counter or in your pantry. Here are 10 foods you shouldn't store in your fridge:

**Tomatoes** - Tomatoes will lose all their flavor in the fridge. What's a bigger crime than that? The cold air in the fridge stops the ripening process, and ripening is what gives tomatoes more flavor. The fridge will also alter the texture of the tomato.

**Basil** - Basil will wilt faster if left in the fridge, and it will also absorb all the smells of the food around it. It's better to keep it out, sitting in a cup of fresh water, like cut flowers. If you want to store basil for longer, blanch it and then freeze it.

**Potatoes** - Keeping a potato in the cold temperature of your refrigerator will turn its starch into sugar more quickly, so that you'll be left with a sweet, gritty potato. Instead of putting potatoes in the fridge, store them in a paper bag in a cool -- not cold -- place. Store them in a dark place, like inside your pantry.

**Onions** - If you put onions in the fridge, the moisture will eventually turn them soft and moldy. Keep them in a cool, dry place. Just keep your onions separate from your potatoes; when stored together, both deteriorate faster.

**Avocados** - If you want avocados to ripen, definitely don't put them in the refrigerator. However, if you've bought an already-ripe avocado that you don't want to use right away, that can go in the fridge.

**Garlic** - Eventually, garlic will start to sprout in the fridge, and it may also get rubbery and moldy. You should instead keep garlic in a cool, dry place.

**Bread** - Your refrigerator will dry out your bread quickly. Unless it's sliced sandwich bread that you intend to use within a few days, keep bread out on the counter or in the freezer. You should keep bread that you will eat within four days out, to be sliced when you're ready to eat it, and you should freeze the rest to thaw and eat later.

**Olive Oil** - You should store olive oil in a cool, dark place, but not in the fridge, where it will condense and turn to a harder, almost butter-like consistency.

**Coffee** - If you leave coffee in the refrigerator, it will lose its flavor and actually take on some of the odors in the fridge. You should store coffee in a cool, dark place, where it will retain its flavor and freshness. You can store larger quantities of coffee in the freezer.

**Honey** - There's no need to store honey in the fridge -- it will stay good basically forever if you simply keep it tightly sealed. Keeping honey in the refrigerator can cause it to crystallize.

# How much sugar is in your breakfast?



Pop Tarts, Frosted Cherry (2)  
Sugars, total: 34g  
Calories, total: 400  
Calories from sugar: 136



Cinnabon Cinnamon Roll  
Sugars, total: 55g  
Calories, total: 813  
Calories from sugar: 220



Cheerios (1 cup)  
Sugars, total: 1g  
Calories, total: 100  
Calories from sugar: 4



Orange Juice (8oz)  
Sugars, total: 24g  
Calories, total: 110  
Calories from sugar: 96



Nesquik Chocolate Milk (16oz bottle)  
Sugars, total: 58  
Calories, total: 400  
Calories from sugar: 232

## Exercise

### OF THE MONTH

#### Plank Push Up

Start in a plank position on your elbows and toes. Your body should be in a straight line from your head down to your feet. Push your body up on to one hand and then the other. Both hands should be directly under your shoulders and there should still be a straight line from your head to your feet. Lower down one arm at a time the same way that you came up.

This exercise specifically targets the muscles in your core and shoulders.



## Newsletter Quiz

1. What muscle groups do the Plank Push Up target?
2. What do you typically have for breakfast?

To earn your Wellness Incentive Points, e-mail your response to [Katie@wellworksinc.com](mailto:Katie@wellworksinc.com) by March 31, 2015.