LOSE THAT BELLY
Moves and Foods That Melt Fat

4 GENIUS BLOWOUTS
They Will Transform You

Best New Allergy Cures

Brooke Burke-Charvet’s HOT BODY SECRETS

STOCK YOUR FRIDGE for DIET SUCCESS

Instant Calm
FEEL IT ANYTIME, ANYWHERE

LOVE LIFE THIS SPRING!
Skinny Up Your Fridge

Yeah, yeah, you know that late-night spoonfuls of peanut butter can pack on pounds. But did you realize that how you organize your refrigerator could be working against you, too? Make your icebox an ally with our pros' tricks.

By LESLIE BARRIE

PUT SNACK PAIRINGS TOGETHER

➤ I keep foods that are smart snack combos (natural almond butter and apples, or low-fat cottage cheese and celery) close to each other. This reminds me of the good snack options I have and makes it really fast to assemble them.

—Kristin McGee, yoga instructor and Health contributing editor

HYDRATE YOUR HERBS

➤ Place herbs like parsley and cilantro stems-down in a cup of H2O and cover with a plastic bag. The water keeps them fresh longer (just change it every few days). Seeing the herbs will make you want to cook with them—a good thing, as they add flavor but hardly any calories or sodium.

—Kathy Kaehler, celebrity trainer and founder of Sunday Set-Up, a healthy-eating club

MOVE BACK YOUR COMFORT FOODS

➤ Put less healthy meals, such as macaroni and cheese, in opaque containers. Then hide them behind your healthy stuff so they're not as top-of-mind.

—Jessica Fishman Levinson, RDN, author and nutrition consultant

STORE COOKED GRAINS

➤ "When I have a container of precooked grains, like barley or quinoa, I put a half-cup measuring cup inside. Grains can be difficult to eyeball, so using a measuring cup to scoop out a portion prevents me from serving more than I need."

—Cynthia Sass, RD, Health's contributing nutrition editor

SAVE THE DATE

➤ "To make sure my leftover fruits and vegetables won't go uneaten, I write down dates on plastic baggies and containers so I know how long they've been in my refrigerator."

—Harley Pasternak, celebrity trainer and author of The Body Reset Diet

SPA-IFY YOUR WATER

➤ Keep big pitchers of water infused with mint, orange or ginger and in-season fruit or citrus slices in the fridge up front. It usually lasts a couple of days, and it's a great way to stay hydrated without lots of sugar or calories. Also, because it looks so refreshing, it makes me want to pour a glass!

—Cynthia Sass, RD

No More Wasted Food

"Once a week, scan the fridge and pull forward items that need to be finished, like opened tomato paste or Greek yogurt. It'll remind you to use them and to cook at home, which is healthier 99 percent of the time."

—Melissa d'Arabian, host of the Food Network's Ten Dollar Dinners
**FREEZE THIS!**

Surprise: These staples are even better when they're iced.

- **Kale**
  - "A lot of people put kale in the refrigerator, but I always buy extra to keep in the freezer. Why? When I add frozen kale to smoothies, it thickens them right up. And kale makes your smoothie more filling and vitamin-packed—without piling on calories or fat!"
  - —Eden Grinshpan

- **Nuts**
  - "I store nuts, which are loaded with antioxidants and protein, in the freezer rather than the cupboard, sealed in a freezer bag. The cold keeps them from turning rancid, and since they're not in a high-traffic area, there's less of a chance that I'll eat too many!"
  - —Kelsey Nixon

- **Leftover Soup**
  - "If I make a big batch of soup on the weekend, I freeze the rest to have on hand for quick, light weekday lunches. Pour some of the soup into small, individual glass containers if you want to take just a cup or two to the office."
  - —Dawn Jackson Blatner, RD

**BUY YOGURT IN BULK**

- "A tub of Greek yogurt in your fridge is a must. It's not only a breakfast staple—it works as a substitute for so many fattening spreads, such as sour cream and cream cheese."
  - —Eden Grinshpan, host of Eden Eats and Log On & Eat With Eden Grinshpan on the Cooking Channel

**STOCK BACKUP VEGETABLES**

- "Storing jarred veggies, like roasted red peppers, artichoke hearts and pickled beets, on a shelf in the fridge is ideal when your week is crazy busy. They're perfect additions to salads and soups and don't require any prep time."
  - —Stephanie Middleberg, RD, New York City nutritionist

**HAVE QUICK PROTEIN HANDY**

- "I boil a bunch of eggs at the beginning of the week for a high-protein, satisfying and nutritious option that's easy to grab and go. Not to mention, they're simple to put in a breakfast wrap or slice on a salad to make it a full meal."
  - —Elle Kiefer, RD, author of Weeknight Wonders

**LIGHTEN UP JUICE**

- "Cut it with seltzer water to slash calories (the fizz keeps it from tasting boring). Right when you get home from the market, fill a pitcher one-third of the way with juice and two-thirds of the way with seltzer."
  - —Kelsey Nixon, author of Kitchen Confidence

**KEEP A NATURAL SWEETENER**

- "It's nice to have fruit-sweetened jams, which are relatively low in sugar. They're tasty with peanut butter on a brown-rice wrap, on oatmeal or drizzled on low-fat ice cream for dessert."
  - —Kristin McGee

**GET SPICY**

- "All-veggie salsas are filled with flavor and nutrients but contain very few calories, and you can top more than just tacos with them—for example, turkey burgers or potatoes."
  - —David Katz, MD, director of the Yale Prevention Research Center and author of Disease-Proof

**CHOOSE A GOOD CHEESE**

- "Buy blocks of hard cheeses, such as Parmesan and Asiago, because you have to physically shred them with a grater when you're using them in recipes or as a garnish. This makes you very aware of just how much cheese you're adding, which helps with portion (and calorie) control."
  - —Kelsey Nixon

**STASH A MULTITASKING CONDIMENTS**

- "Grainy Dijon mustard is low-calorie and adds a savory, rustic flavor. Use it in salad dressings and marinades and in place of some—or all—of the mayo called for in a recipe (say, for tuna salad)."
  - —Jessica Fishman Levinson, RDN