



## FOOD MATTERS

with Consultant Nutritionist Sue Radd

# THE FIVE WORST FOODS IN YOUR FRIDGE

Feeling sluggish? Lacking concentration or fighting flab? The contents of your fridge may be to blame. The quantity stored there and their position directly influence what you eat and drink. What does your fridge say about you?

### be fridge aware

If you buy more food than you need, you can double your intake of that food or drink without even realizing it, according to Dr. Brian Wansink, a food psychologist at Cornell University.

If fruits and veggies are tucked away near the bottom of your refrigerator and unhealthy snacks are staring you in the face, you may have a further problem with shelf management! Research shows that you are 2.7 times more likely to eat healthy food if it's in your line of sight.

### five foods that sabotage health

The following suggestions may help you and your family to avoid weight gain and problems with acne.

- ▶ **Soda.** Drinking one can of soda per day can make you 10 pounds fatter a year, according to the New York City Health Anti-Soda Ad "Are You Pouring on the Pounds?" Don't drink yourself fat. Switch to chilled water with some fresh lemon or lime squeezed in.
- ▶ **Alcohol.** Whether it's beer, wine, or
- ▶ **premixed drinks, alcoholic drinks** promote weight gain and decrease your mental alertness. They also cause liver damage, brain damage (especially in teenagers), and many types of cancer, such as breast cancer. For special occasions, try nonalcoholic wine or dark grape juice.
- ▶ **Butter and margarine.** The saturated and trans fats hiding in these foods will clog your arteries and expand your waistline. Use extra-virgin olive oil in recipes and use spreads with natural nut butters or avocados for healthy fats.
- ▶ **Processed meat.** Salami, sausages, ham, and bacon may be easy sandwich fillings, but they are loaded with salt and contain at least 50-percent saturated fat! Replace these with a tasty lentil burger or falafel balls.
- ▶ **Carryout foods.** According to the U.S. Centers for Disease Control, more than 70 percent of food poisoning cases occur from eating out, so don't save those leftovers in your fridge. Better still, make your own healthy fast food at home!

Nutritionist Sue Radd is the award-winning author of *The Breakfast Book* and coauthor of *Eat To Live*, internationally acclaimed for showing how savvy eating can combat cancer and heart disease and improve well-being. See [www.sueradd.com](http://www.sueradd.com) for more nutrition information.