

BY SHARA AARON, RD

Fridge Facts

Certain foods require special storage for optimal freshness. Here's a handy (and surprising) guide to what goes where.

PRODUCE Store fruit in one crisper and veggies in another. Greens require higher humidity, so set drawers accordingly. Seal apples in plastic—they cause other fruits to rot.



CHEESE AND BUTTER Cool air routed to the deli drawer keeps these foods very cold without freezing them. Set the temp at 33°.

MILK This dairy will spoil faster on the door, where it's warmest, so keep on a lower shelf.

EGGS Ignore the built-in fridge holder and store these on a cooler lower shelf. Keep them in the carton, as they easily absorb other food odors.

MEAT, POULTRY, AND SEAFOOD Place in a sealed container to prevent raw juices from contaminating other foods. Store on the bottom shelf in case of drips.

FRUITFUL ADVENTURES

Now that summer is here, keep an eye out for "pick your own" crops. Many local farms offer this option for various summer fruits—you can take the family to see where food really comes from and enjoy the "fruits" of your labor. Eating these foods fresh means you'll also get richer flavor and more essential vitamins and disease-fighting antioxidants.



FRUIT	AVAILABILITY	NUTRIENTS PER CUP
Strawberries	April-June	135 percent daily value (DV) vitamin C boosts immunity.
Blueberries	June-August	35 percent DV vitamin K strengthens bones.
Raspberries	July-September	30 percent DV fiber helps maintain good digestion.
Peaches	July-September	10 percent DV vitamin A contributes to healthy vision.

No More Food Allergies

If your toddler reacts badly to milk or eggs, there's a good chance he'll grow out of it. Eighty percent of children hypersensitive to milk outgrow the problem by age 3, as do about half of children who are hypersensitive to eggs, according to a new study of more than 900 British children from birth to age 3. Food hypersensitivities include both allergies, which involve the immune system, and intolerances, which do not.

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