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EXCELA HEALTH DIETITIAN SAYS DE-CLUTTER YOUR DIET

GREENSBURG, PA, June 14, 2010 ...clut'ter, verb: fill with unwanted things, noun: disorderly accumulation

If your spring cleaning is finished and all of your closets are cleaned and in order, now is the time to take a look at your diet and de-clutter! "One of the first places to start when trying to get your diet in order is the refrigerator" according to Dawn Davoli, RD, LDN, Nutrition Consultant for Excelsa Health's *Golden Hour* Cardiovascular Program. The food and beverages you choose in your refrigerator, and how you organize them, can help or hinder your diet success. Davoli offers the following tips to make your fridge a heart healthy, sodium savvy, calorie conscious food closet:

For your eyes only If tempting food choices are available, chances are you're probably going to be tempted by them. Keep wholesome food choices at eye level when you open the refrigerator door.

Portion distortion To keep portions of sweets and store bought desserts under control, purchase the individual serving-size fat-free puddings and gelatins. Add light whipped topping for a special treat.

Hold the fat Trade high-fat dairy items such as milk, sour cream, cheese and yogurt for lighter, low-fat options. Try skim milk, light sour cream, reduced-fat cheeses and flavored low-fat yogurts. "You'll still get the benefits of calcium without all the fat guilt," says Davoli.

Slice and dice Store cut, peeled and ready-to-eat produce, such as carrots, celery, berries, grapes and melon, in clear, easy to open containers so they catch your eye, and your appetite. These are heart smart snacks.

Go unsweetened Keep flavored waters, unsweetened iced tea, and diet sodas as beverages instead of sugar-sweetened ones. A 12-ounce can of soda has about 12 teaspoons of sugar in it!

Watch the toppings Add flavor for free with fat-free salad dressing and salsas. Also try reduced-fat mayonnaise and hot sauce, instead of creamy high-fat condiments.

Freeze! Make your freezer work for you by keeping it stocked with lean cuts of meat and fish, frozen vegetables that are lower in sodium than canned, and low-fat ice creams and sorbets.

Peter Walsh, author of *Does This Clutter Make My Butt Look Fat?* and an organization expert, believes that clutter negatively affects your ability to lead a full and healthy life. His plan outlines ways not only to clean up the spaces where you eat, but the routines around them: from planning meals and shopping to dinnertime rituals. By following the above mentioned tips, Davoli adds, “you can avoid adding fat to your body by not keeping fat in your fridge.” Happy cleaning!