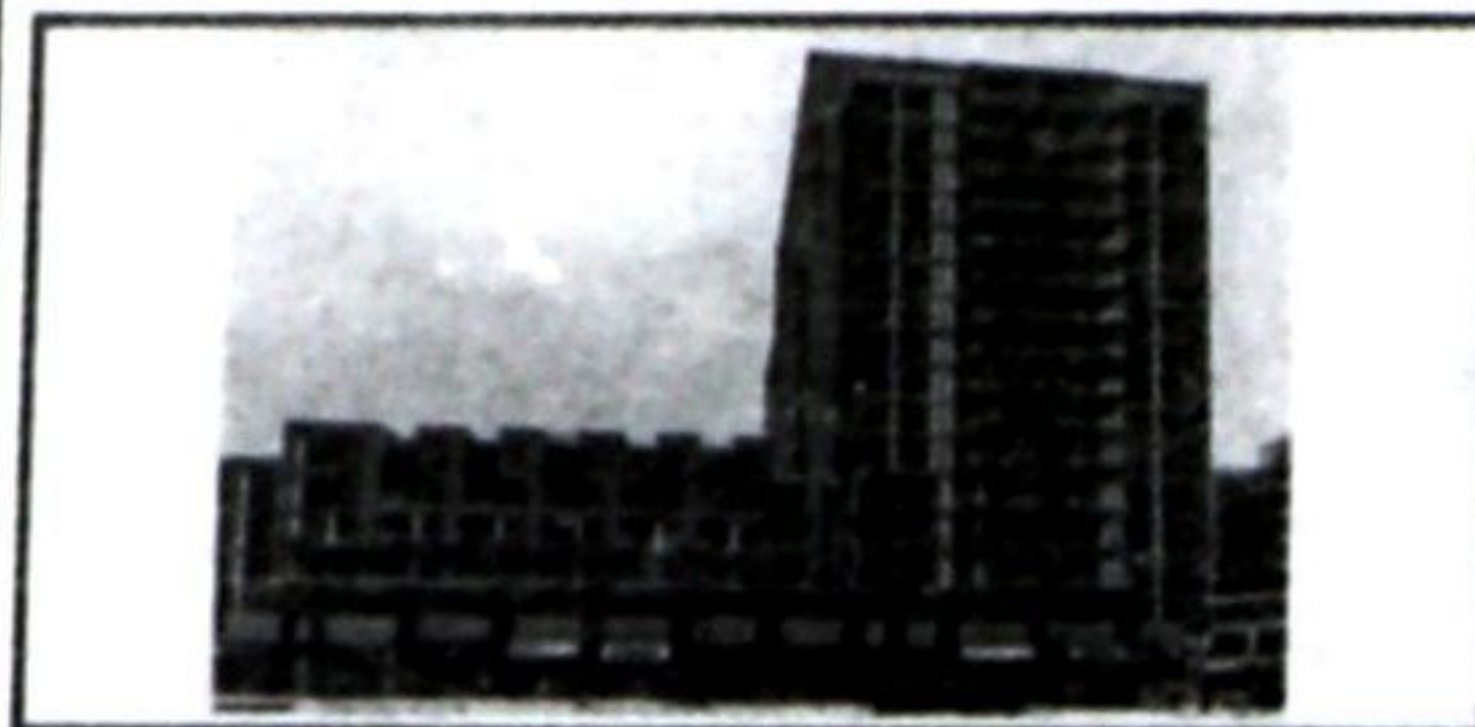


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Advertorial



## Create a healthier kitchen with these three simple tips

Believe it or not, your kitchen can play a big role in helping you stick to your new year's resolutions of getting healthier and eating more fruits and veggies. The way you organize the space and the items you bring into it can make it easier to make smarter food choices every day.

It only takes a few simple changes to create a big impact on your ability to maintain your health goals.

Consider these three simple adjustments that can help create a healthier you.

### Water everywhere

The health benefits of drinking enough water are almost endless. You'll benefit from more energy, better digestion, improved mood, and a reduction in toxins. But do you know what's in your tap water? Give your water a makeover by looking for a filtration system advanced enough to catch trace pharmaceuticals. For a built-in option and sleek look, GE offers advanced pharmaceutical filtration in many of their refrigerator models. Having a model that has a built-in system also clears space in your fridge by removing the need for a jug of filtered water, or piles of bottled water.

### Grow your own greens

Herbs add fresh flavour to any meal, often reducing the need for salt and butter. But buying large bunches of pre-packaged herbs can be expensive

and wasteful if you only need a handful. Instead, dedicate some space in your kitchen to growing your own. Try a single pot of parsley or chives, as both are easy to grow. Take it to the next level with GroVert, which offers beautiful living wall planters; or Urban Cultivator, a fully-automated kitchen garden that takes up about as much room as a small wine fridge. In addition to the added taste benefits, potted herbs will also help to give your living space a fresh scent.

### Put fruit on display

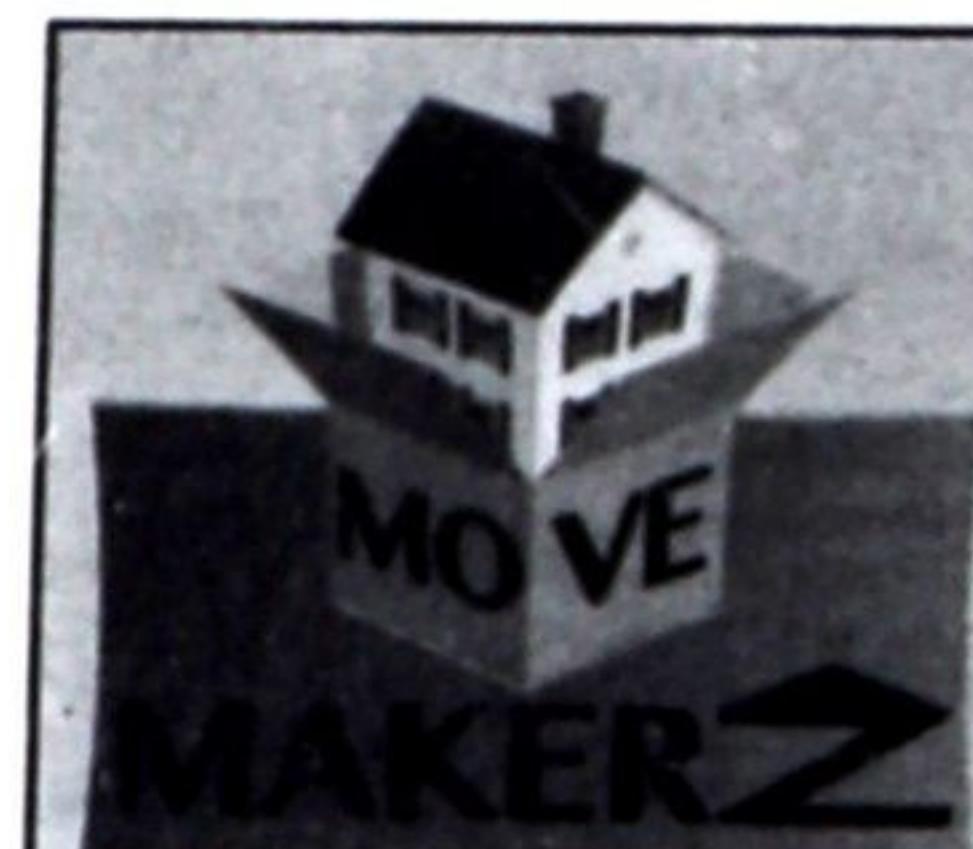
Fruits and vegetables are easily forgotten at the bottom of a crisper drawer. How many times have you gone to grab an apple only to discover that it has gone soft or has become bruised from the weight of the other items piled on top?

Pull out your prettiest platters or a little-used cake stand and make fruits and vegetables part of your kitchen décor. Not only will you brighten up your space on a grey day, but they'll be the first thing you see when you stroll into the kitchen looking for a snack rather than reaching for other snack items which might not be aligned with your healthier food goals.

With just a few simple steps you can create a kitchen space that will keep you on track.

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