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LIFE

# What's In Your Fridge? Health Experts and Foodies Let Us Raid Their Kitchens

Sharon Feiereisen  
April 26th, 2013

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A friend and I recently traveled to Asia and Australia and, lucky for me, he hadn't seen my kitchen beforehand. Had he, he might have concluded that I'd take tea over tequila any day and rethought our plans to travel together. Needless to say, even in a city like New York where most people eat out, you can tell a lot about a person by what they stock in their fridge. So, why not learn from the best?

We ask fitness pros, nutritionists, chefs and more to share with us what's in their refrigerators.

Houston  
Partiellement nuageux  
**31°C**

Les prévisions vous annoncent 7 jours de cheveux lisses AVEC LE SYSTÈME KERATIN SMOOTH<sup>MC</sup> DE TRESEMMÉ DE 7 JOURS\*, PEU IMPORTE LE TEMPS QU'IL FAIT. VOUS AUREZ LES CHEVEUX LISSES TOUTE LA SEMAINE.

\* Jusqu'à 3 lavages lorsque le système est utilisé avec sèche-cheveux et fer à défrisier.

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## Sharon Feiereisen

TheFashionSpot's Style Editor, Sharon Feiereisen, is a freelance lifestyle writer based in New York City. Her work has been published in Newsday, The Knot, AM New York, WHERE New York, Dan's Papers, and Hamptons Magazine, among many other print and online outlets. Check out her tumblr blog, [Random Happenings](#).

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